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P R O W L E R



15TH
ANNIVERSARY
EDITION

Shades of Blue

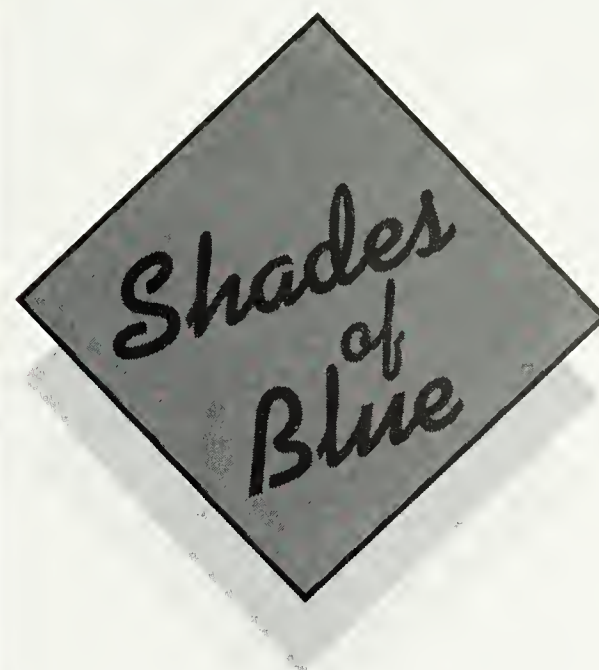
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Potomac Senior High School

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Dumfries, VA 22026
(703) 221-1134
Enrollment = 1356

Katherine Schwetje, varsity cheerleader, expresses her "Panther Pride" while the Flag Team (below) Diamond Lynch, Salorina Shugars, Helen Miller, Mandy Pilker, Demeris Torres, Joyia Meeks and Priscilla Rich, step to the festive music of the band.



Shades of Blue



D'Angelo Blount is knocked off his feet as he goes for the first down.

The tough competition between the two teams made Homecoming exciting.

Freshmen show school spirit as they ride their float in the Homecoming parade. All classes were judged on their floats for the spirit award.

Carol Savage looks to her friends as the conversation gets more interesting.





Homecoming is one of the best time of the school year. It gives Potomac students a chance to get their minds out of their books for a while and demonstrate their school spirit by taking part in the many activities of Homecoming Week. Most stuents became actively involved in the inter-class competitive events and spirit building activities to show their feelings for their school and friends.

Senior, junior, sophmore, and freshmen classes competed against each other for the honor of leading their school's spirit programs. They also demonstrated their school pride by wearing its "shades of blue" for the Homecoming celebrations. The week long activities definitely brought the students together, along with visiting alumni, as one family to build memories that will last "Always and Forever."

Homecoming festivities also helped to remind students of the need to strive for excellence, as individuals and team members, in academics and sports. As proud Panthers, we work to stand out and be recognized.

This year marks a beginning for the Class of '97 and for the Class of 1994.--Eva Catedral--

A future Panther, Morgan Sadler, turns her head away to think of her experiences to come when she enters high school.

Chris Wakefield shows his form as he tries to strike out a batter.

Student Life



Gaiton Garcia proudly "trumpets" his panther pride at the home game. Everyone enjoyed the talent of the band members.



Mike Costa, Wendy Hornbeck, Cliff Harris, and Melissa Harner show "Disco Fever" on the junior float. The seventies music and styles were enjoyed by all the students of the nineties.

(l-r) Brian McDonald, D'Angelo Blount, and Chris Critchfield discuss winning tactics. The team made everyone proud by beating Stafford for Homecoming



Strikes, Spikes, and Steals

It was one of those great Saturday mornings with everything appearing to be on course. The sun was high in the sky, away from any clouds that could imprison it. The trees and shrubbery which surround the school reached towards the heaven absorbing sunlight as students and teachers geared up to play some intense games of baseball and volleyball.

At the appointed hour, everyone gathered at the diamond shaped field prepared to sweat it out. The old-timers planned to use their ancient skills and psychological mind games to run over the unexperienced rookies. Mr. Michael Cambell

demonstrated some classic facial expressions that everyone will remember for years to come. After a tough and long-lasting game, the

“Potomac Day gave everyone a chance to see another side of the teachers and administrators. Everyone had a good time.”
-Chris Wakefield

faculty came out on top. Steve Horn said, “I had a lot of fun playing baseball even though our team lost.” After the intensified game of baseball, the gang settled down to play a carefree game of vol-

leyball. The game turned out to be an exercise in fun instead of being competitive. Allyson Babcock mentioned, “Everyone was out to have a good time.” Jennifer Gray also mentioned, “I had a great time playing volleyball.” Even Mr. William Weisenburger joined in to show his skills. Later on that day, the annual talent show was held. The turnout was great and everyone had lots of fun. The show consisted of a play performed by the Potomac Drama Club, a step show, and many amateur singing groups. Overall, everyone enjoyed themselves, and the day turned out to be a success.



Mr. Tom Evans, a new arrival from Garfield, uses all his upper-body strength to muscle his way through a ball thrown high up in the strike zone. The faculty ball players were very successful in hitting the ball to all areas of the field.

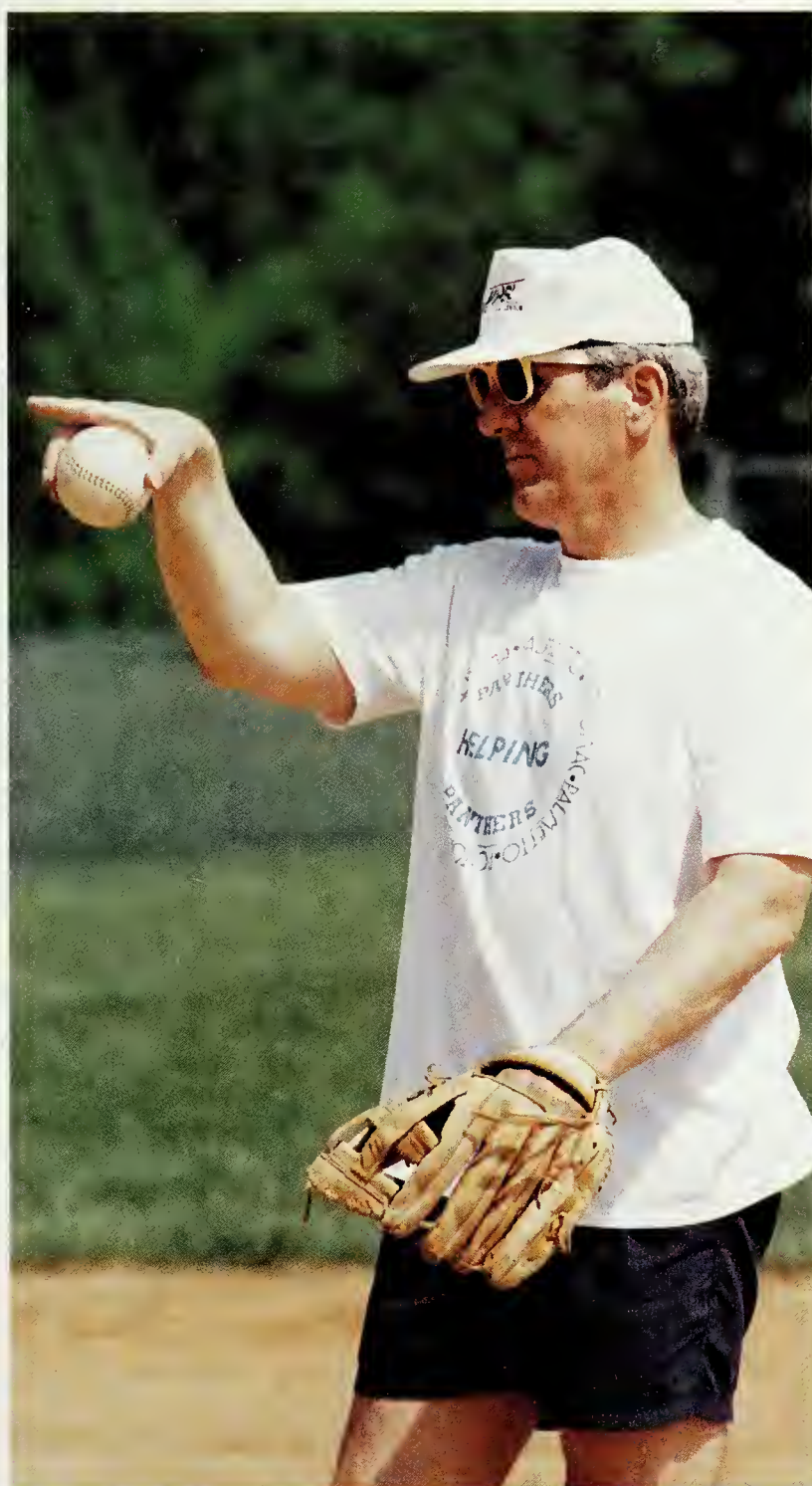
Mr. John Jenkins uses his untouchable charm to catch the attention of one of the younger admirers of baseball. America's favorite pastime. Everyone, including the spectators, had an enjoyable day at the ballgame.





Airborne. Mark Pavlick attempts to make Robert Gurrera eat the volleyball with a power spike. Students used their different skills and techniques throughout the game in order to give their team a winning edge.

I want you! Mr. Michael Campbell made a stunning debut during the baseball game. His surprising game saving skills and natural athletic talent helped to keep the opposition on their feet. The principal's participation in the game added a special touch that was appreciated by the players and spectators.



“It’s nice to see students have so much pride in their school. I had a really great time at Potomac Day.”

-Simone Lamy



Anticipating his team-mate at bat to come through, Mr. Darren Gravat eagerly awaits his chance to move to third base, while Cliff Harris makes sure he stays on base. Both teams put in a lot of effort which made the game exciting to watch.

Quincy Queen makes an off balance last minute effort to keep the ball in during the volleyball game. Everyone who participated in the games showed good school spirit and helped to make Potomac Day pleasurable.

Worth your While

Homecoming 1993 was a complete success. School spirit was expressed more than ever, and in some instances more than necessary. The decorations at the dance were an excellent replica of the '70s and the students showed up looking their best.

Saturday morning started early for most girls, which consisted of getting their hair done and

picking up boutonnieres. As for the guys, they

“It just gets better.”

Theresa Weitzel

spent their time deciding on where to take their

dates to dinner and selecting corsages. “Every year I go to Homecoming and it gets better and better. The time preparation and hard work that I put in this year made it worth the while. This has been the best year ever,” said Theresa Weitzel. For everyone Homecoming was worth all of the time and effort in making it the best ever. — Stacy Goldsmith and Shannon Stanley



Stefanie Hall and her escort Johnny Overton enter the dance for the Homecoming court announcement. A special dance dedicated to the court followed the introduction.

The 1993 Homecoming Court: Lucien Watkins, Arlyn Flecker, David Bann, Caren Tahen, John Wahala, Michelle Nicholson, Cortez Baker, Toria Featherstone, Chris Crowder, Nicole Valar, Ryan Jacoby, Jessica Caseman, Johnny Overton, Stefanie Hall, Andrew Flynn, Afasia Smith.



As a Stafford player falls in defeat Potomac's Jimmy Simmons runs for a touchdown. The team played hard throughout the entire game and showed good sportsmanship when they beat Stafford.

Homecoming King and Queen Andy Anderson and Mandy Lake take a traditional dance to "Unchained Melody." Crowning the King and Queen is a Homecoming tradition.



Talking about the evening's events, Mike Barnett, Paula Evans, and Brooke Banks, take a moment to catch up. Dancing and being with friends made Homecoming special.

«The disco music from the seventies reminded me of my Homecoming dance it was great.»

A New Beginning

As the upcoming graduates walked through the main doors, the excitement and reality of graduation hit hard. Baccalaureate began as graduates walked into the gymnasium to Pachelbel Kanon played by the orchestra. Father Chuck McCormack, a Youth Minister of Prince William County gave a meaningful speech enjoyed by many. "I like Chuck's speech, it was really good and up to date," said Amber Phillips. Mark Pavlick then spoke to the graduates about tragedy and memories, and most of all about the importance of family. The ceremony ended with a song by the Barber Shop Quartet. "I

have been in the orchestra for three years and this was the best ceremony," said Lori Quinlan.

After Baccalaureate, the

"I have been to all the services and this year's was the best."

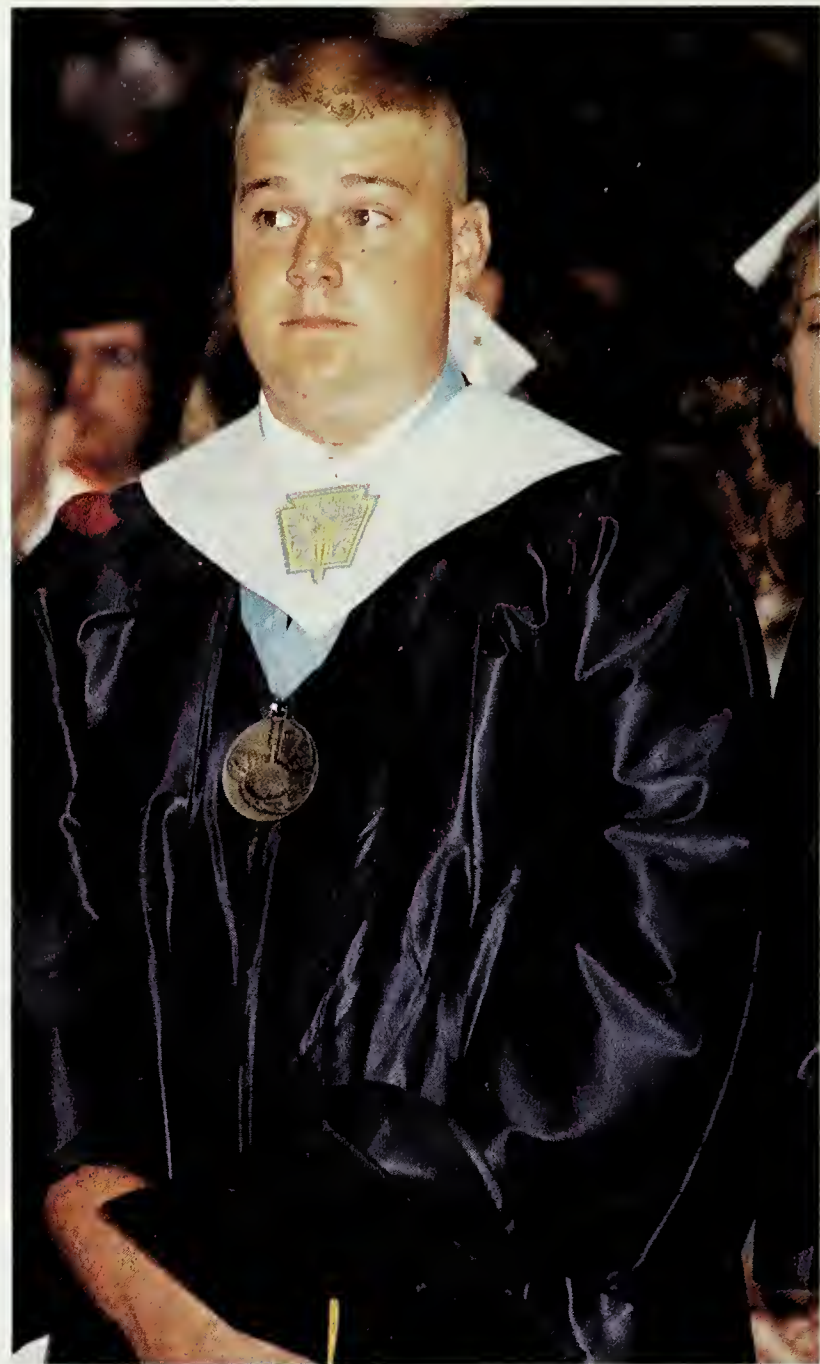
- Lora Quinlan

graduates realized it was only a few short days until graduation. Graduation day started bright, sunny, and hot, but as the day went on the clouds rolled in threatening thunderstorms.

Positive speeches by

Valedictorian Bing Nguyen and Salutatorian Bridget Byington, talked about success being more than materialism and giving back to the community. Students realized they had the motivation to make something of themselves.

The moment came for the senior class to become graduates, whether or not they were ready. "I can't believe we are graduating already. It just doesn't seem real," said Kara Morseman. Once the reality set in, the graduates knew this was the time for a new beginning. "I cried when I realized I was saying goodbye to all my friends," said Teresa Lloyd.



Paying close attention to the speaker, Thomas Edgington, anticipates the closing of the ceremony. For all who attended it was a memory they will have forever.

Senior class Treasurer Tanya Radeke speaks about the past events and upcoming surprises with her fellow classmates.



As the senior class of 1993 bow their heads they reflect on the past four years at Potomac .

Listening intently, Daniel Klotz and Roelyn Dennino try and take in everything the speaker is saying about life.



Giving words of wisdom a guest speaker speaks about their future. Seniors realized that this day would embark a new beginning.

*"I realized it was time to say goodbye to all my friends."
Teresa Lloyd*

One Last Time

There was a "scent of excitement" in the air as the Class of '93 graduates arrived at the Chinn Center for an all night "Grad Nite" party. The graduates were given a name tag, a name bracelet and a large amount of "Tardy Bucks" for their use at the party. They were also given a map to assist them on a treasure hunt. Additionally, a reward of \$5000 Tardy Bucks was offered to encourage the graduates to find the pirates (parent sponsors and teachers) lurking about the Center. Many of the party goers chose to spend their time in the casino, where they could do just about anything from getting a temporary tattoo to testing

their skill and luck at Black Jack. "I think the casino was the best part of it all because it gave us a chance to get a bit wild and do things like gamble our money

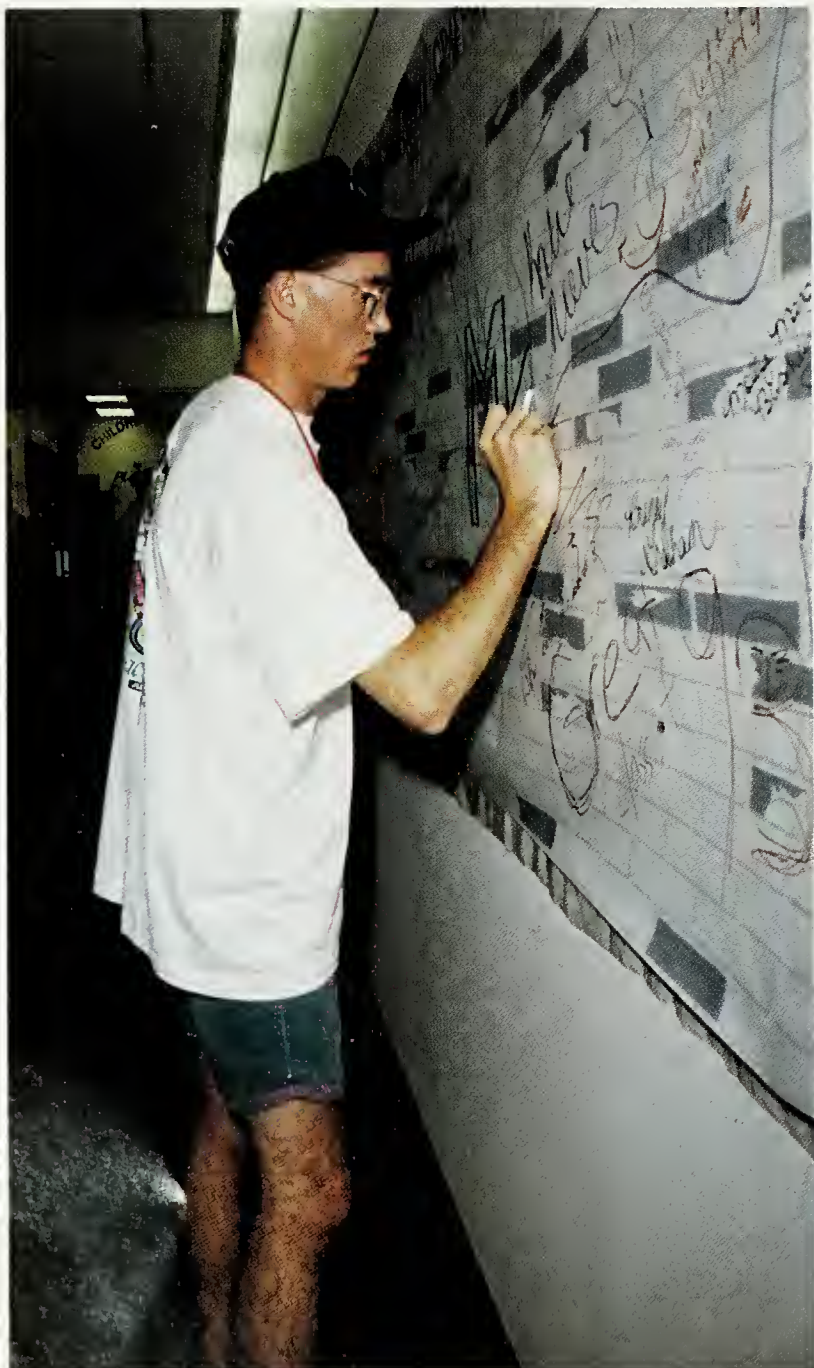
*“For those of us going to beach week, Grad Nite put us in the mood.”
Cynthia Pagan*

away,” said Beth Geer. Others chose to take advantage of the pool area and relaxed while listening to the music coming from the "lip sync" section located above the pool. After working up an

appetite, students were able to visit the dining room where there was a variety of food to sample, which was donated by local businesses and parent sponsors. Beach item auctions and the "Beautiless" contest were among the nite's highlights. "For those of us who were going away for beach week, the auctions gave us a chance to pick up the items we had forgotten to get," said Chris Anthony. As the night passed to dawn, all of the participants gathered together for one last time to watch a slide show of baby pictures and pictures of the graduates throughout their four years at Potomac. Even though the graduates realized that it was the last time that they would all be together, they smiled at the memories they would carry forward from Grad Nite.



Seniors arriving at the Chinn Center are greeted by festive decorations. Sailboats and palm trees added to the beach feeling.



Signing the graffiti wall is Larry Teague. The wall was harmless way for the seniors to leave their mark.





Singing Karoke is Lakisha Minter, Kathy Bradshaw, Lisa Mosley, Mr. Mike Dyre, Talibah McGriff, Monique Adams. The night was a time to have fun and relax with friends in a safe environment.



As Suzie Cipra aims the ball at the target, Tara Christian, Chad Grover, and Mr. David Carr watch to see if she makes the shot. Grad Nite allowed students to play a variety of games.

As Tim Reagan slides down the waterslide he shows his excitement with a smile. The center provided inflatable toys and games for the graduates.

“ It gives us a chance to get a bit wild. ”
Beth Geer

A Night of Memories

Picking up your date's corsage before the flower shop closes, looking into the mirror one more time to convince yourself that the "just right dress or tuxedo" you selected weeks ago had not lost its specialness, moving from house to house to deal with camera wielding friends and relatives, checking for the thousandth time that you had your tickets, dinner, and finally the dance itself made Prom Night "Always and Forever" memorable for everyone.

Prom '93's theme "Always and forever" was chosen by Potomac's Government classes during the early part of the school year. The theme set the tone for many of the activities students worked on during the year to support Prom Night and helped to increase their anticipation of a "night to be remembered."

"I loved Prom, it was great. I think that everyone should go once. It may seem to be expen-

Dancing the traditional dance, Bridget Byington and Ron Novak celebrate being crowned King and Queen.

Dancing with his date, Chris Rinker and Joyia Meeks boogie down to the music. Fast dancing was just as popular as slow dancing when students realized Prom was a time for fun.

sive but it was worth it. I don't think I will ever forget that night," said Mandy Lake. Students realized that Prom was a night for memories. "I thought the night went well, we went with a lot of friends and it helped

“Prom, it was a night to remember. I went with my boyfriend and I loved it. Everything was perfect. Well, as perfect as it could. There were no major mishaps; except on the way home when we got lost in the middle of D.C., but it was fun.” said Tonya Newbanks.

the night go smoothly,” said Katie Flaherty. Dinner was also an important part of the memories, choosing where to go, deciding how much

money to bring, and finally what do you order. Students found out that eating in front of your date wasn't that big of a deal. "All I did was eat, at first I was nervous but then the feeling went away as dinner went on," said Jeff Vandesand.

Saturday, May 22, was a night of fun, without drinking. Instead of giving away traditional wine glasses, sponsors gave away flower vases. This was to help students realize that they didn't need to drink to have a good time. "I didn't have to drink, it was fun without alcohol. I don't think anyone needed or wanted it. It would have ruined the night," said Glenn MacKinley. --Tracy Adams--





Getting out of the limousine, Lori Brown, Jim Agnew, Tim Deputy and Angela Nester stop for a chat with each other before entering the Prom.

Getting down to the music, Chris Wakefield and Scarlett Meyer take over the dance floor. Students took time away from socializing to show everyone their style of dance.



Jamming to the music, Chris Anthony shows how he likes to dance. Students realized that you didn't really need to know how to dance to have fun, the dance floor was a place where students just got up and moved.

Receiving her free gifts Nicole Swistak picks up a flower and vase. With the theme of not drinking and driving, the prom committee decided to give out vases instead of wine glasses.



Yes!! Time for breakfast, announces Melissa Harner. After a night of socializing and dancing, Potomac students were able to relax and enjoy the Post-Prom breakfast.

Susan Blaton and Tomika Anderson enjoy some punch and other treats provided at Prom breakfast.



Prom Night '93

Delicious food such as apple juice, pancakes, eggs and sausage were consumed by Tom Edgington and Reagan Wyne



“Prom Breakfast was definitely fun. It capped off the whole Prom wonderfully.”

Timothy Reagan

Crystal Ferguson opts for a juice drink while the Rumley Brothers help themselves to a hearty breakfast.



“Safe, Fun, and Cheap”
— Many Students



Brenda Johnson and Stephen Nix look a bit tired as did most couples towards the end of the festivities.

Beth Nelson, Tony Johnson, and Melissa Connolly take part in the festivities of the Prom Breakfast.

The Play

Putting on a play takes more than most people think. Just ask the Drama Club. A lot of work went into their final play "A Midsummer Night's Dream." The students helped with painting and building props, setting them up, getting costumes ready, and memorizing lines. The play rehearsals and practices took many hours out of everyone's day. The play, written by William Shakespeare, is meant to be mostly comical and it was, according to Mrs. Deborah Neuhard, who said "The play was outrageously funny. The cast, especially the

six workman, worked extremely hard to achieve a special chemistry where they felt comfortable with each other and the situations they portrayed. If a chair broke, or a tree fell (and they did), the cast was able to

"Drama is an intellectual experience that I think everyone should try." -Tommi Woodson

recover the action quickly, usually incorporating the unexpected."

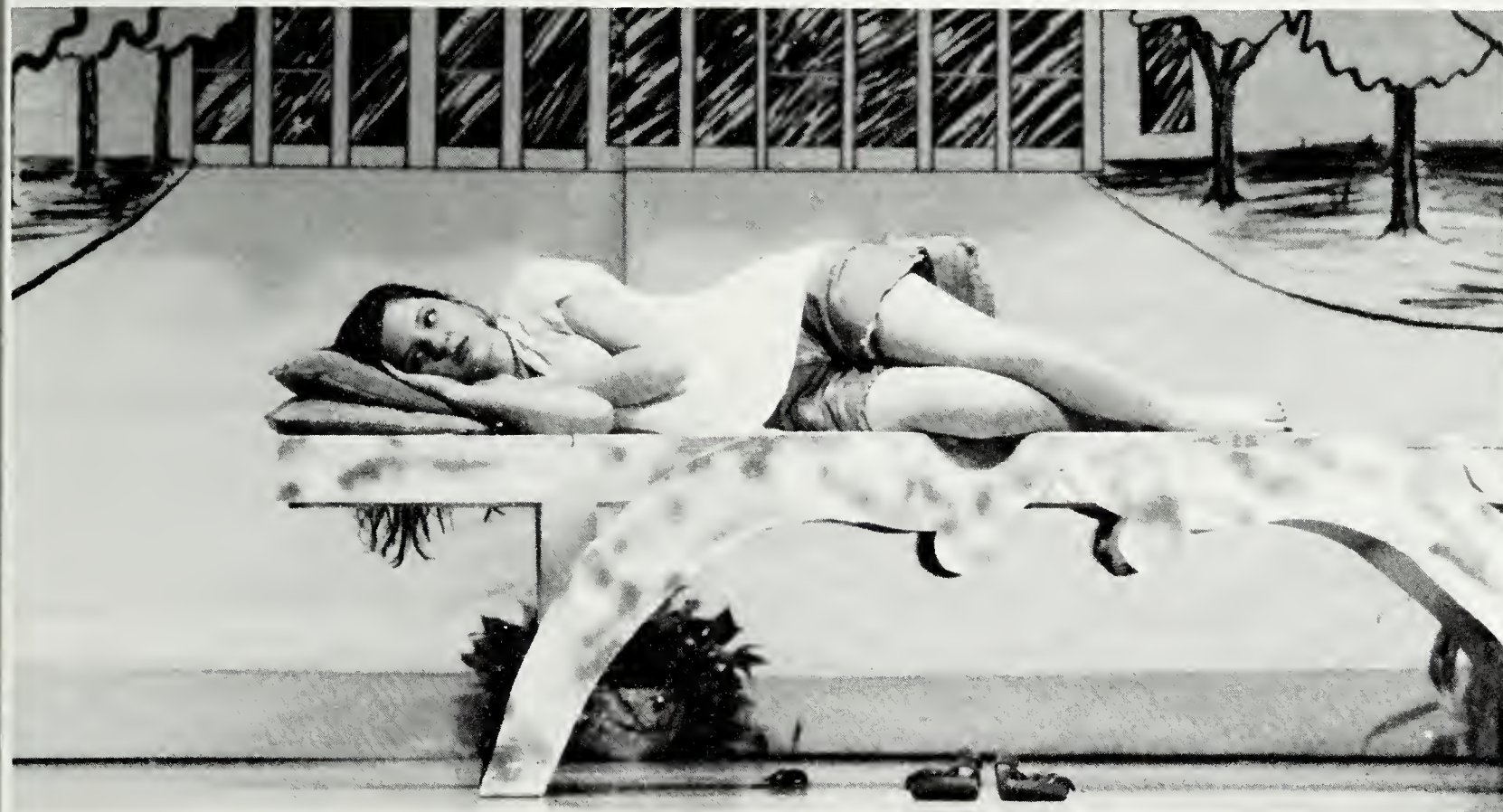
Most of the cast was nervous the first night although some weren't, like Quincy Queen who said, "I wasn't nervous at all. It was great! The first

night was exciting, but the last night was the funniest because everyone knew what to do by then to make the play even funnier, and it was. It was the best play I've ever performed." Even though most of the Drama Club was not acting, a lot of them put in hours of work getting the stage ready and helping with all of the other things that had to be done. Sheri Martin said, "The crew members, stage builders, ushers, make-up, and everyone did a terrific job to help produce a successful show." -Stacy Goldsmith



Having been put under a spell, Titania, played by Jessica Winchester, falls in love with Nick Bottom, played by Billy Bernhardt, who has been transformed into a jackass.

Jessica Winchester takes a break on the set. Play practice can wear people down since the actors have to play their roles/scenes over and over to get them right.



Practicing for a play to perform before the king and queen, Butch Mahaney, Billy Bernhardt, Quincy Queen, Brian Levitt, Brian Fox, and Pat Keith, find out which part each is to play.

As Helena, played by Samantha Wallachy, kneels for the love of Demetrius, played by Jim Agnew, he pushes her away because he does not love her, he loves Hermia.



Talking together, Puck played by Shana Haring, and Magnolia, played by Dana Bamberger, discuss the plans of Titania and Oberon, the king and queen of the elves and faries.

Just Doing It

Everyone has to do it. Some people enjoy doing it, others hate it. Dissections have become an integral part of high school curriculum, and since biology is mandatory, there is no other way around the dreaded task. "Dissections are important because the process reveals the systems of other animals and shows how they are similar to the human body," said biology teacher Barbara Feree. "The organs of animals and the organs of humans are so similar it is amazing."

As always, there are two sides to this story. First the pros, "I think that dissections are really cool," said biology

student Shannon Young. "They let us actually see things we only read about in our text book." This year Biology II students dissected rabbits, and

“I think dissections are really cool.”

- Shannon Young

Biology I students dissected fetal pigs and frogs. Students participating in Oceanography, a new class, got to dissect pregnant sharks.

Now for the cons, "I feel so sorry for the an-

imals," said Pam Slater. "It's a shame that they have to die so we can learn more about our bodies," Chritine Holloway agreed. "It's just so gross and unnecessary," she continued. "It's a senseless meaningless killing." The displeasure with dissections is also reflected outside of school. For an example a bumper sticker on Kristi Humphries car reads: "Spare the Knife : Ban Dissections."

But despite the conflicting opinions, dissections remain a vital part of high school. Ms. Feree concluded, "If students want to pass, they'll dissect." --Joe Somosky



"The Rabbit"- Biology II students had the opportunity to dissect the internal systems of these animals, which were bred for this purpose. The students worked with rabbits for seven weeks, first identifying muscles and then locating organs.

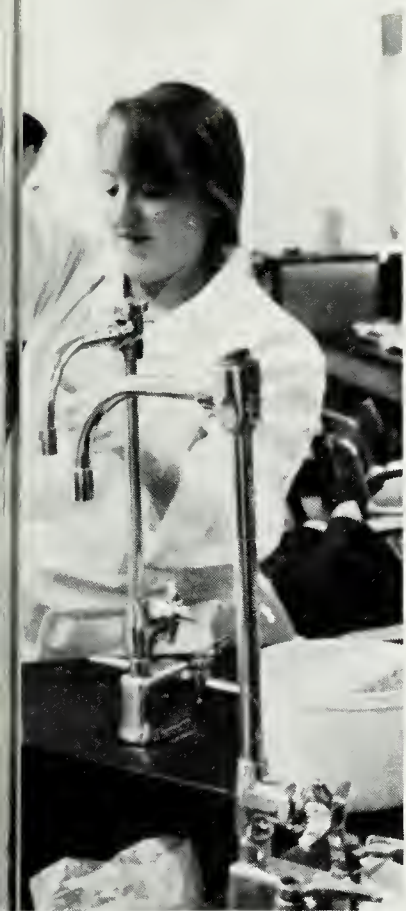
Senior Pam Slater begins skinning her group's rabbit, revealing the external oblique. Students worked in groups of three to four, with one rabbit per group. Grades were earned based on the amount of individual contribution to the group.



Rick Brown and Tara Christen carefully remove their rabbit from its protective covering. All the students kept their rabbits protected and refrigerated to prevent mold and decomposition.

Oceanography students Rachel Rogers, Tim McCallister, and Lee Rumley work together to remove their shark's stomach. Rachel holds back the external oblique, while Lee cuts and Tim observes.

A student prepares to further explore the anatomy of a shark. Dissection of the shark was one of the highlights of Oceanography.



“Dissecting a shark was really an educational experience because each shark was pregnant and also because the stomach usually contained food remains due to its slow digestion process.”

- Ken Tra



Biology II Students Chris Anthony and Jeff Gardner probe their group's rabbit for internal organs before cutting through the internal oblique, which contains all organs. Precision was important to prevent mistakes.

Leaving Early Are We?

Many students just couldn't help the urge to break on through the glass double doors that separate them from civilization. In previous years, students just walked out the front doors to their cars or friend who just happen to be waiting.

Potomac has decided to stop the madness by hiring Mr. Steve Stepanick, to keep the outside area safe from these "skippers". Mr. Stepanick will jump on cars, tackle you as you try to make a run for the football field, or just politely guide you back to the building. Mr. Stepanick often recites would be skippers his favorite quote, "You can run but you can't hide." Definitely a motto to live by.

Denise Truax summed up the feelings of all would be skippers as she witnessed the telling of the motto, "That's never good."

(Just to let you know all the pictures on this page were staged.)

From the home office in Room 219 it is now time for the top ten list.

TOP TEN EXCUSES FOR LEAVING EARLY

My dog ate my cat.

Vipor alarm wasn't working this morning.

It's a female thing. (Hint Hint)

I'm a vegetarian, so I have to go to Taco Bell. I was sitting in class and I heard my car alarm go off.

I think my mom is calling me.

The weather is just too beautiful !!! I'm grounded, my mom told me not to leave the house.

My sister is still standing at the bus stop. I know its ten o'clock.

And the number one reason for leaving early is:

I have to water my mom's petunias. --
Helen Hines

"Excuse me, do you have a pass Denise," asks Mr. Shaun Kearney. Yeah, right.



" am simply part of a team. To all you skip-pers out there you will get caught." --Steve Stepanick

"I don't see Mr. Stipanick any where, let's run for it."
ON YOUR MARK !!!

Obviously the *Ultimate* excuse for leaving early. Call 911 !!! I have to go to the hospital.





Mr. Stepanick checks to see if Denise Truax, Jen Gilmer, and Helen Hines have a pass to leave early.

GET SET !!!!

"If I leave early I always have a handy dandy yellow slip." -- Becky Parker

"I tried to leave early once, but my Mustang, Betsy, just wouldn't start and Mr. Stepanick just laughed." -- Jen Ghisolfi



Jen Gilmer finally gets to leave school the hard way, escorted by Officer Steve Pelch. Staged Photo
GO !!! WELL MAYBE GONE !!!!

Showcase Of Talent

The house lights went dim as the curtains opened. The audience's hush sent a shiver down the spines of the student entertainers waiting in the wings for their cue to take their turn on center stage. They quietly encouraged each other with the time honored phrase "break a leg" to counter the pressure caused by several last minute changes. The cast and crew shared one common thought - This is it!! The Multicultural Variety Show. The many hours of hardwork are about to payoff.

The show has established itself as a traditional way to end Potomac Day celebrations. The talent showcase is always a surprise to the Panther staff, student body, and community members who attend. Who would have thought

that so much artistic talent existed at Potomac High School? The audience was treated to a variety of acts, ranging from a fashion show to a "stepping" act.

"This was an opportunity for students of all

"It will be one of my greatest high school memories." - Tiffany Hill

backgrounds to get together and put on a show. The students worked hard and had a great amount of dedication to the program," said Mrs. Dana Powell-Settle, who worked with the singers.

Each student who performed showed a great amount of talent and did not fear showing every-

one what they had to offer. "It takes a lot for these students to come on stage and put themselves on the line. I don't know if many people realize how hard it is," said Mrs. Powell-Settle.

Cynthia Pagan, who performed a Natalie Cole classic said, "I had a great time. We all tended to bond and form friendships that would last a long time." The show featured many excellent singing groups and solos. In particular, Tiffany White's interpretation of a Whitney Huston hit song will definitely be remembered by all. "It will be one of my greatest high school memories. I love to perform and it was rewarding to perform for the audience at Potomac," said Tiffany Hill. - Nasira Shafeek



Dora Brown, a member of the Black History Club, shows her talent in the step show part of the talent show. "Stepping" is a traditional part of the ceremonies pledges participate in when accepted as full members in many African-American fraternities and sororities.

Jennifer Jones and Sharonette Foster sing back up for Nicois Parker in a SWV (Sisters With Voices) song. "Girl groups" were very popular at the talent show.



Tomika Anderson, Crystal Adams, and Leslie Latimore tugged at the emotions of the house with their acapella version of the Shai classic "If Ever I Should Fall in Love Again." Everyone at the show was impressed with the range of vocal talent displayed.

Tiffany White's rendition of a Whitney Houston hit "I Will Always Love You" brought the audience to their feet in applause. Acts like Tiffany's were the result of pure talent honed to perfection by many hours of hard work and personal commitment to excellence.



***"Putting on the show was sometimes frustrating and took a lot of hard work, but was definately worth the effort."
- Dana Powell-Settle***

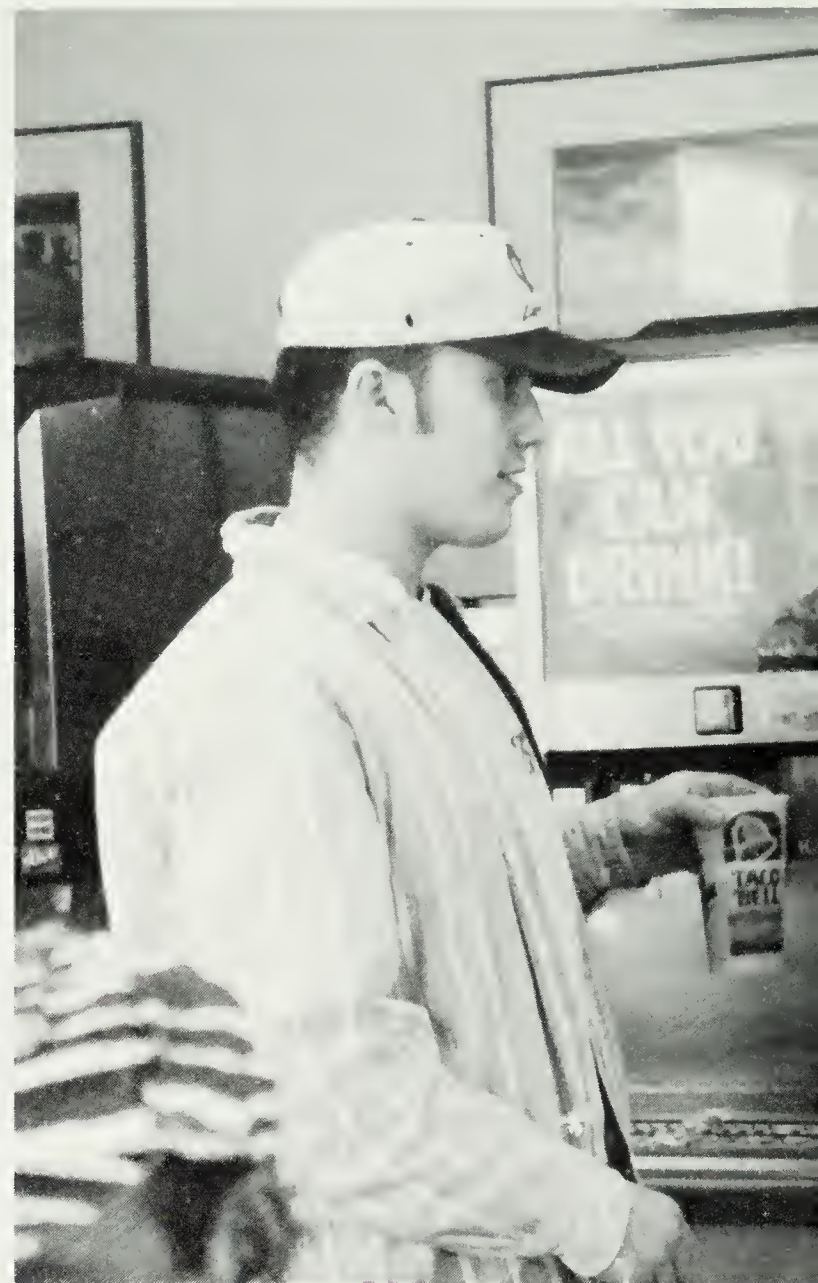
Timothy Singstock's routine was a welcomed comic pause between the show's vocal acts. Timothy wrote his own humorous routines and practiced them for many hours on his friends until he was ready for Potomac's center stage.

Who Will Be Where?

After school where will the students of Potomac be? You will find most students at fast food restaurants to get a quick bite to eat, and to meet their friends. James Mercado replied, "My favorite fast food place is Taco Bell." Some students just go home to study and rest up for the next day of school like Tonya Gibbs who said "Sleeping is the most thing important to me because I need a lot of rest for the next day of school." Jimmy Simmons also said "The best part about after school, for me, is going home and relaxing in the whirlpool." He is one of the few students who have

the opportunity to stay home and relax for the rest of the day. On the other hand, there are some students who would rather be outside enjoying the fresh air and free time like Amy Bowen who replied jokingly, "When I get home I love to go outside to the playground and play on the seesaw." Most students will probably agree that school and teachers demand a lot of you, so going home after school is probably one of the most enjoyable, and relaxing things about the day. Even though school is a good time for seeing friends, going to classes and learning take priority during the seven and

a half hours students remain at school, so it's good to go home or go out with friends after school. Others devote their time to after school sports, functions, or jobs, so going home after school isn't an option for them. Hilary Hartt, a student who stays after, says "Being a cheerleader requires you be here everyday, so I never relax." Some students would rather remain active at school, some would rather socialize with their friends, and some would rather be at home watching "Tiny Toons", where will you be after school? -- Stefanie Hall



After school chilling out with friends at Taco Bell, Tray Spiker, gets a refill on his drink. Students often took advantage of the free refill policy at fast food restaurant, sometimes filling their cups an average of eight times.

Traveling to their cars in the parking lot, a group of seniors quickly get to their cars before the rush of students create the daily traffic jam.



Tray Spiker, Shannon Stanley, Kim Finchum and Sherry Martin discuss the happenings of the day while waiting for their food. Hanging out after school was good for students who didn't get a chance to see their friends during the day.

David St. Jean and Jay Webb walk to their car after school. Many students preferred driving to riding the bus, but because not everyone had a car many times they shared rides with friends.



"I go home and relax in my whirlpool." - Jimmy Simmons

The quiet before the storm. The senior parking lot before the mad rush to leave school. Many times the students were in such hurry they would forget basic driving rules and get into fender benders.

What's Homework?

“Homework,” one of the most dreaded words that can come out of a teacher’s mouth. The very thought of the word brings fear into the minds of students and what appears to many students to be an expression of pleasure to a teacher’s face. “Evil” could be seen in her eyes as she assigned a few hundred pages of homework that was due the next day. A large grin came over her face as she looked at the despairing expressions on the students’ faces. It seemed as if there was no hope. Just about every student can relate to being in this situation at least once during their school career. The thought of even entering a classroom where homework could be as-

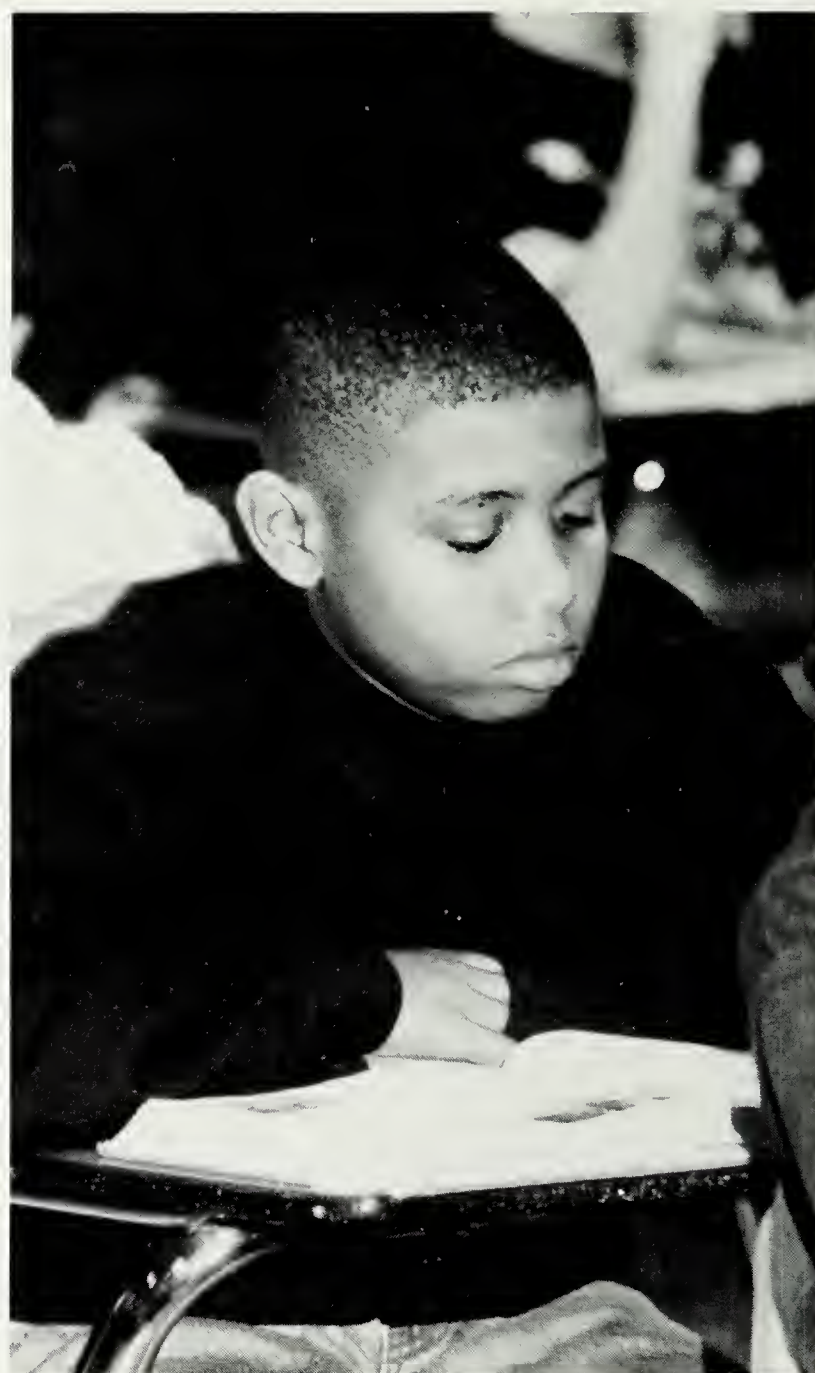
signed would bring on an uncontrollable chill in many students. “Homework,” the word from an alien planet. Theresa Weitzel mentioned, “My

“At the beginning of high school I did all my homework, but now that I’m a senior, I don’t do much of it at all. I guess senioritis sets in during the last year of school.”

- Kris Applegate

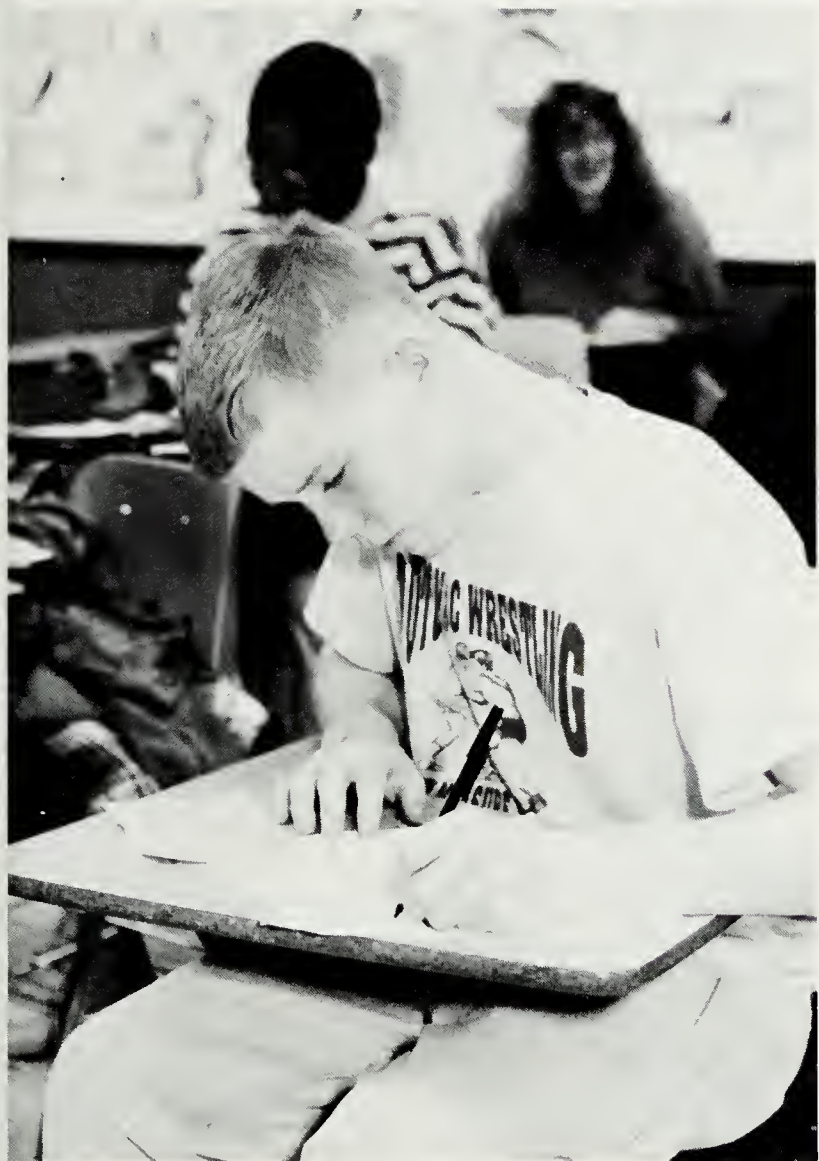
teachers always try to pile homework up on you.” Stacey Goldsmith also said, “It’s hard to sit

down and do homework assignments.” Remember last week when Mom and Dad put you on punishment for three months because your teacher called home due to the lack of homework done on your part? (It was the teacher’s fault, everyone knows that.) Kari McCarley said, “Homework puts a damper on your social life.” Better yet, reminisce on the time “Interims” came out and you saw that big, fat, red “F” written on it. It was a nightmare during those times, homework had intruded in your life indefinitely. Aren’t you glad it’s over? (Yea, right!!) Just think, when college rolls around you’ll be able to do whatever you want. No homework, right? Think again, homework will always be there.



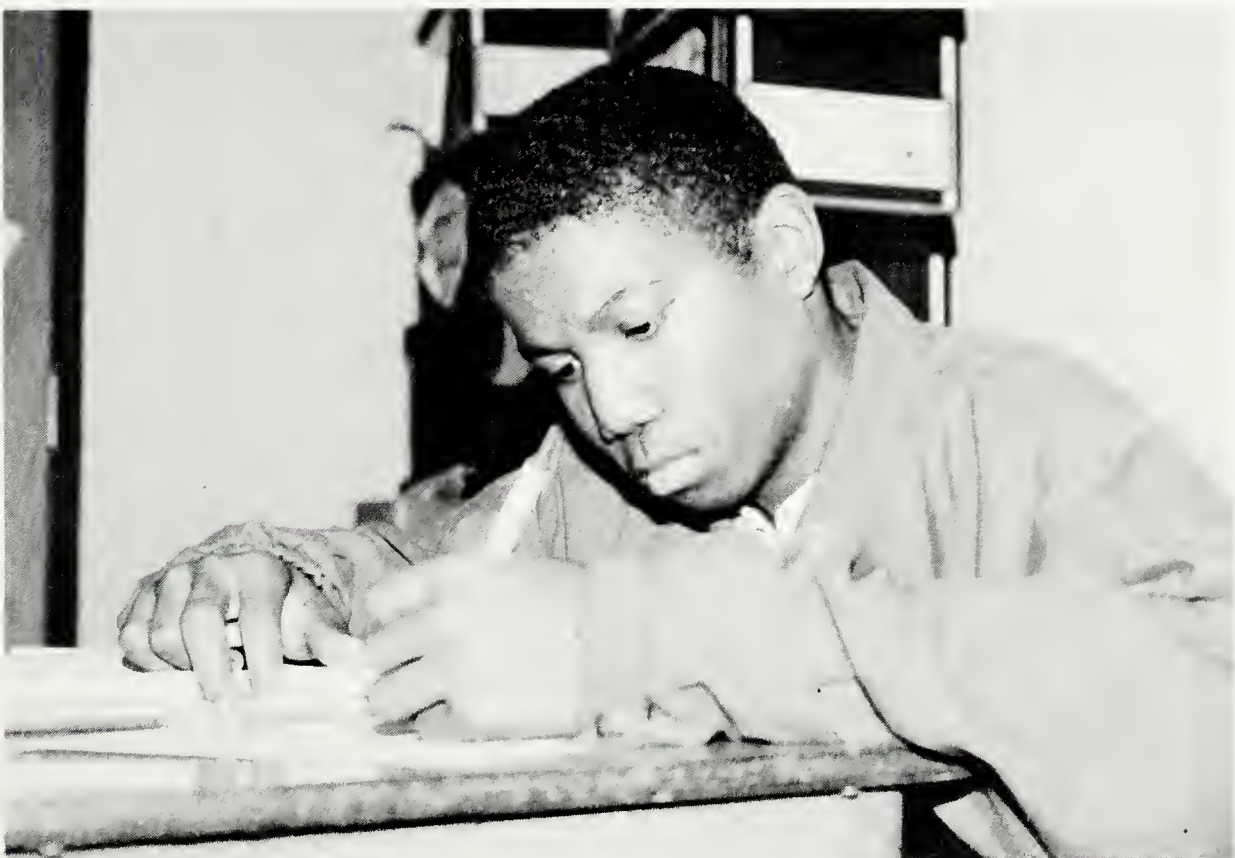
Dejuan Moore works on completing a reading assignment. Finishing work in class was one way in which students avoided taking work home. Letting students complete homework in class was a way for teachers to help students.

Jason Young works diligently on a homework assignment, which was due the next day. Going ahead and doing the work when it was assigned took the pain out of completing the assignment.



Charles Daugherty gives some useful advice to Heather Bumler on how to finish a paper they had written. Working with a partner helped speed up the completion of class assignments.

Roy Maupin steadily writes a paper on a newspaper article that's a class assignment. Many times it was easier to work in school than at home, therefore, students tried to complete assignments in school.



Terry Johnson works on a writing assignment in English class. Some students enjoyed completing homework in class. It gave them a chance to get input from teachers and peers to improve their work.

“Homework seems to always get assigned when I want to go out and socialize with friends.”

- Teresa Lloyd

15 Years of Dedication

Looking back, it seems like yesterday. For most people, 15 years is an eternity! However, for some PSHS teachers it was only "yesterday" that they entered, for the first time, the doors of our then brand new school. Styles, students, teachers, even the way of life was different then. For example, there were fewer students and staff, and a lot less situations to resolve. "We were closer then," said Ms. Patricia Droves, one of the ten teachers that have been with the school since its opening.

"Potomac is a great school, that is why I teach here and I'm sure most will agree that it has come a long way since 1978, when only fresh-

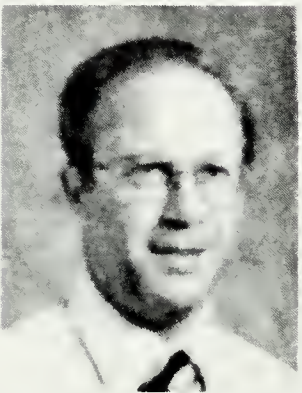
men were at the school," said Mr. Bob Holley. Even though years have passed, thousands of students have graduated, and there are many new faculty members on board; some like Ms. Droves say, "The halls still look as new and shiny as the day I came in."

Most teachers become teachers because of the good feeling they get from helping others, like Mrs. Patricia Ghiloni who said, "I had to tutor my brothers, since I was older than them, and I found I liked being in charge, and I liked the way it felt to help someone learn." The sense of purpose and real accomplishment one gets from helping others to succeed is an experience only a few people can enjoy, including

teachers. Mrs. Ghiloni added, "It's a great feeling when a former student, who has graduated, comes back and says 'thank you' or just comes back to visit me. It's a great feeling knowing that you helped that student to become what they are today. It's just great being a teacher." I'm sure most students will agree that teachers are the people who make education work, because they're the ones that guide the students and help them reach their full potential. Senior Theresa Weitzel agreed by saying, "Teachers help you figure out the best way for you to learn, and then help you apply yourself so you become a better student." -- Stacy Goldsmith



Joseph Cardinale
Carol Cunningham
Patricia Droves
Janet Dunivin



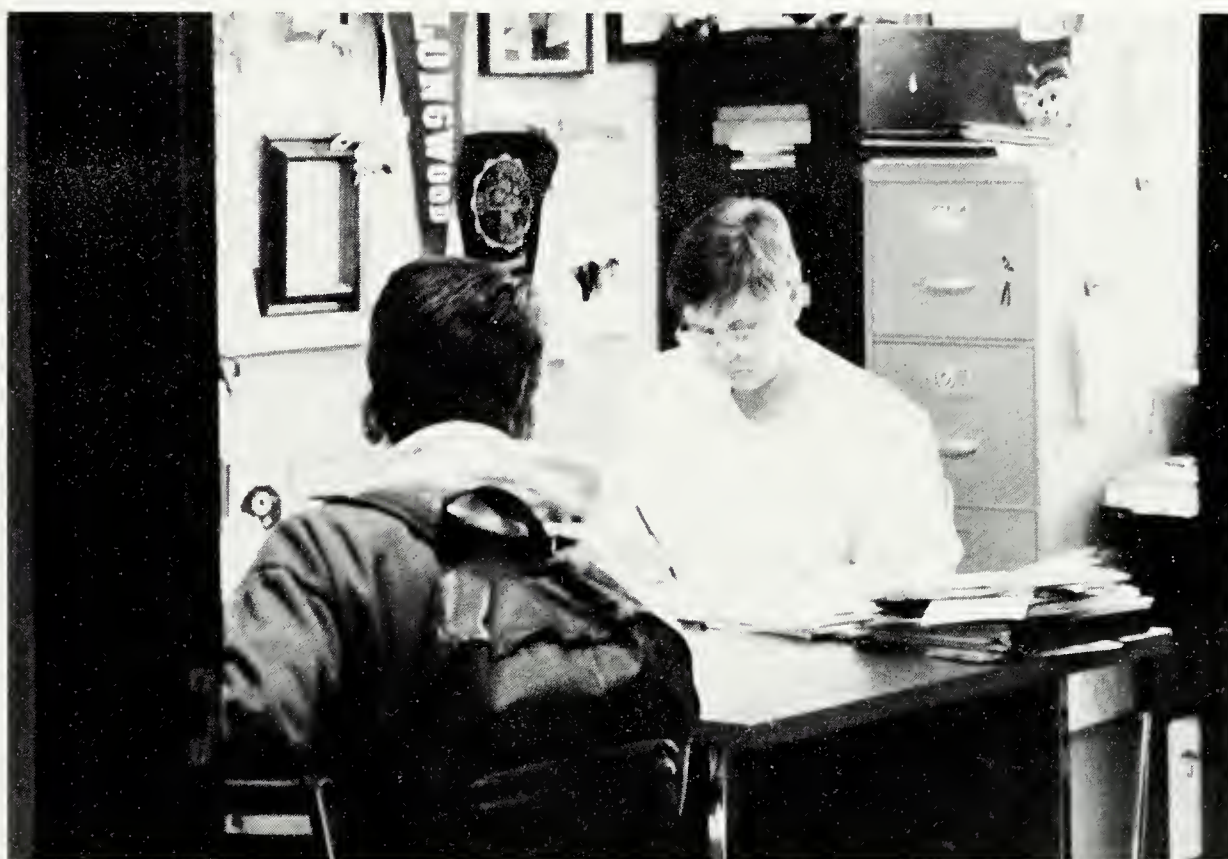
Jerry Gardziel
Jean Gaudet
Patricia Ghiloni
Bob Holley



Mariene Parker
Carol Wakefield

Mr. Holley shares some interesting information with Adam Faltinowski, and Nomikka Hunter. Mr. Holley believes that our school is so good that he will be here for at least another fifteen years.

Mrs. Carol Wakefield helps Stefanie Hall find her grade point average. Mrs. Wakefield, one of the first English teachers here, is now a Guidance Counselor.



Biology teacher Mrs. Ghiloni talks with Pam Slayter and Bobby Courtnage between classes. Mrs. Ghiloni recalls her favorite teaching memories as being talks with former students who came back to thank her for the things she taught them in and out of class.

Ms. Droles assists a student with his class schedule. Although she is now a Guidance Counselor, Pantherette coach, Ms. Droles started at Potomac as a social studies teacher.

...I liked the way it felt to help someone learn. -- Mrs. Patricia Ghiloni

Moving the Notes

Along with their usual spring concerts, the band and selected members of the symphonic orchestra added something new to their schedule. They travelled to Virginia Beach for the North American Music Festival. It was the first time that the two groups, led by Mr. Gary Zolman, had gone to a competition together. One fine spring morning, the groups loaded up their chartered bus with everything from baggage and equipment to the ever necessary "trip snacks" and waited for their journey to begin. "Even though the bus was a little crowded, we were still excited about leaving," said Shelley Henkell. At their hotel, the groups were given a good luck dinner by the parents

who volunteered to be chaperones on the trip. "The dinner was great, but we all just wanted to go back to our rooms to sleep to be ready for the long day ahead," said

«It was a wonderful idea to have these two groups go on the trip. All of the kids, along with the parents, had a terrific time.»

- Mr. Gary Zolman

Beth Geer.

Since there was not enough people who signed up in the band, some of the members of

the orchestra doubled as band members and played in the percussion section. The students were assigned band uniforms to take along with their orchestra uniforms in order to match the band. "It was wierd in the sense that the reason why we went on the trip was to play in the orchestra, but it was neat that we got to play instruments that we had never played before," said Tia Meek. Saturday night, the members of the two groups and the chaperones came together and awaited anxiously to learn what rating they had received. The practice and hard work paid off because the band ended up with an "Excellent" rating and the Symphonic Orchestra earned a "Superior" rating. --Teresa Lloyd



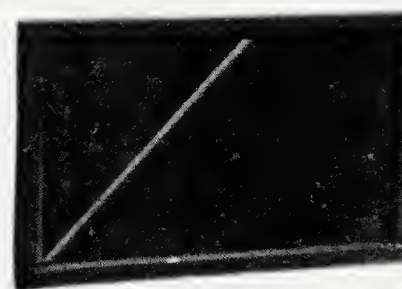
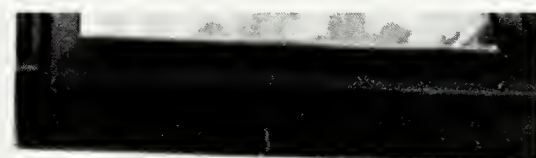
Excited about going to Busch Gardens, Christine Friend boards the bus. Going to the park was an added incentive for the students who made the trip because it allowed them to have some fun time as well time to demonstrate their musical skills in a major competitive event.

Shaun Vunder watches the director and awaits his cue to start playing. It was very important for the students to pay attention to the director so that they would not miss a beat.



Director Mr. Gary Zolman talks to the audience at the band's Spring Concert. Since Mr. Zolman taught band, orchestra classes, and directed the marching band, he maintained a busy schedule keeping the groups on track.

Joyia Meeks concentrates on her music at the competition in Virginia Beach. Since Joyia was the only cello player that went on the trip, she did double the work in keeping the groups together.



Bogged down with her orchestra uniform and violin, Beth Geer boards the bus before the competition.

“Even though it was Mr. Zolman’s first year teaching orchestra at Potomac, I think he did a fantastic job.”

- Jeanie Cassidy

Sports

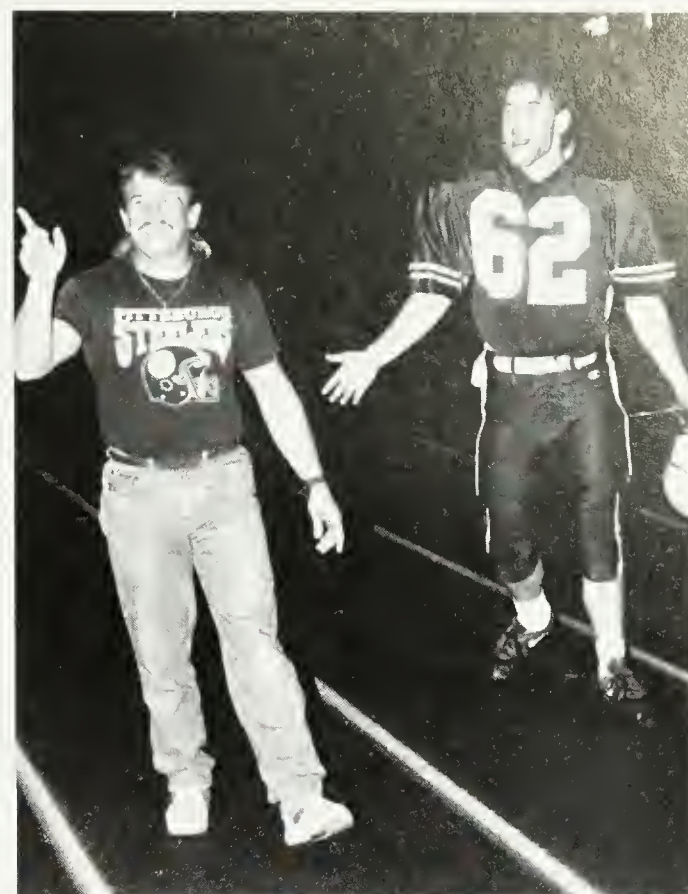


Pantherettes are a joy to watch as they rile up school spirit. Their dedication, desire and abilities during performances make us proud.

Take that !!! With a smashing forehand shot, Chris Taylor shows why he is the number one seed.

Get in the hole !! Ian Flynn's remarkable putting and on the green body language brought a new dimension to the golf team.





Jason Seville and his brother laugh it up with the crowd during halftime, showing everyone who is number one..... Potomac !!!!!



Heather Gillen launches herself to return a serve with authority. Heather and the other girls on the team know how to play fast and hard tennis.



Sonny Moss ensures he makes home plate after hitting a game altering homer. Chris Seca and Bobby Courtmage give Sonny traditional high fives for his efforts.

After an inning of hard-nosed, in your face softball, Jenny Greene, Karen Anderno, and Nora Collins congratulate each other on a job well done.

Quarterback Erskin Fox escapes the rush and looks to pass the ball downfield to an open receiver.



Mike Beall, Reggie Jones, and J.P. Fielding come up the middle to make a tackle. The defense worked hard to frustrate opposition plays and cause turnovers.



Erskin Fox throws a nice pass to connect with one of his receivers. The team's strong air attack plays kept their opponents guessing.

Varsity Football

Turning It Up A Notch!

The Panther's Varsity football team really improved this year uping their '92 record of 1-9 to 3-7. Its record in the Commonwealth conference ended up being 2-2.

This year's varsity football team was coached by an almost entirely new staff. The staff was headed by Coach Keith Jones, who came from Virginia Tech to don Panther Blue. The team concentrated on using disciplined and aggressive plays; playing every game with class and integrity.

The offense's attacks were led by junior quarterback Erskin Fox and junior runningback Jimmy Simmons, while the defense was led by sen-

ior linebacker Andy Anderson. This year the two squads worked together to keep the team competitive in most contests.

Next year the Panther's will be moving to the Cardinal District and will have to deal with a whole new schedule. Coach Jones said, "I hope the team keeps improving until Potomac is back on top."

During the team's end of season awards banquet, several players were recognized for their on field efforts. Unlike past years, this year's awards were voted on by the players themselves rather than the coaches. The members enjoyed having an opportunity to recognize

their own. The recognition categories were Offensive Outstanding Player, Defensive Outstanding Player, Most Improved Player-Offense, Most Improved Player-Defense, Mr. Panther, Overall MIP, and Senior Team Captains. The recipients of these awards were Erskin Fox, J.P. Fielding, Bryan McDonald, Quincy Queen, Jimmy Simmons, and Billie Jones. The captains recognized were Andy Anderson, J.P. Fielding, Reggie Jones, and Chris Critchfield. As the dust settled on the post season activities, the players began preparations to build a new football dynasty for Panther supporters to follow. - David Lamberton





Back Row : Manager Ian McDonald, Amor Ammahd, Ed Donahue, Andrew Chapman, Sol Griffin, D'Angelo Blount, Kevin Johnson, Chris Lamberton, David Lamberton, Randy Hawkins, J.P. Fielding, Adam Faltinowski, Shaun Miller, Manager Stacy Adams
Third Row: Martin Boone, Ini-

Abasi Bassey, Byron McDonald, Samer Shehada, Quincy Queen, Ryan Jacoby, David Peck, James Queen, Delroy McDonald, Second Row: Johnny Overton, Chris Critchfield, John Dickenson, Nathan Russell, Warren Stinson, Jackson Alexander, Pat Honore, Josh West, Jimmy Simmons, Jeremy Wolford, O.J.

Webb, Tommy McGrath, Cliff Harris
Front Row: Damion Linder, Mark Stephens, Joel Jones, James Day, Reggie Jones, Billie Jones, Cortez Baker, David Bann, Allen Brown, Nick Mitchell, Mike Beall, Erskin Fox, Brian Bann



Jimmy Simmons breaks up the middle as a result of a well placed and timed block by offensive guard Adam Faltinowski. The offense worked many hours perfecting plays to set up yard gaining opportunities.

Defensive captain Andy Anderson gets ready to call the defense into action. Team captains were invaluable to the coaches in helping to coordinate plays.

JV/Freshman Football

Winning Isn't Everything

The JV players gave it their best shot in '93 and that is what counts. Even though the JV's season didn't turn out as well as the Varsity team's, their record didn't show just how hard they played. The JV season record was 0-6-1. Out of the six games they lost, four were lost by six points or less.

The team, which was coached by Mr. Steve Bryson, Mr. Steve Webb, Mr. Clayton Wark, and Mr. Melvin Klugh, did have some bad luck. Half way through the season the JVs lost their starting quarterback. The coaches had a replacement, Brian Bann, ready to go within a week. After his first game, the new quarterback did well, encouraged by the coaches and the team. Even though they never got a win under their belt, the team played with dignity and sportsmanship in every

game and made their opponents work for every point they put on the board.

The bright light of the Panther football season was the Freshman team, which played hard to earn a record of 3-3-1, coached by Mr. Dave Colcombe and Mr. Dave Carr. They were a talented, well-balanced team. The offense was led by quarterback Terrance McCoy and wide receiver Shajuan Williams. The defense, led by Nikki Parker contributed a lot to the team's wins. When the Freshman team won, they won big!!! In just three games the team scored over 100 points. The young team clearly demonstrated to everyone that a Panther powerhouse is about to be born. The JV football roster included: Jackson Alexander, Brian Bann, David Bann, Ini Bassey, Scott Calhoun, Andrew Chatman, James

Day, John Dickison, David Garner, Irvin Grayson, Sol Griffin, Pat Honore, Kevin Johnson, Chris Lamberton, David Lamberton, Damion Linder, Tommy McGrath, Anthony Nelson, Nathan Russell, Warren Stinson, Bobby Sutliff, Chris Thomas, Donald Warren, Jay Webb, Josh West, K. Wilkerson, Edward Woods. The Freshman line up included: Ryan Abrahamson, Julius Alston, Shaun Blair, Jefferey Brown, Allen Bryan, Andy Clark, Anthony Duncan, Michael Finey, Gary Finey, Jason Garry, Ali Hampton, Shawn Hobbs, Nathan Hunsaker, Adnan Karlmi, Seneca Linder, Terrence McCoy, Eli Osina, Nikki Parker, Greg Paugh, Gerard Permynter, Ryan Shocz, Dan Stadie, John Stump, Jamar Swanson, Henry Swanson, Danny Warren, Lucian Watkins, Shajuan Williams, Kevin Yohey.-Chris Lamberton



JV defensive players, Chris Lamberton and Bobby Sutliff encourage a North Stafford punt returner to take a short break.

JV quarterback, Brian Bann, calls out the cadence, as the line sets up for a pass play.



JV fullback, Pat Honore breaks through a hole in the line and sets out to stop a North Stafford linebacker in his tracks.

Freshman quarterback, Terrance McCoy, keeps the ball on an option and turns up field to gain some yardage.



Freshman wide receiver, Shajuan Williams, hauls in a touchdown pass that was thrown over a North Stafford defender.



Running a cool down after the Woodbridge Dual Meet, the boys unite to discuss how they ran. "Cool downs" are something that runners would like to forget after a hard race; however, they appreciate their benefits.

"I enjoyed running and the people I trained with this season. We all became so close." -Stephanie Truax

Beginning the race, Potomac runners hustle to get out in front. Establishing a leading position, early in the race and holding it, was sometimes the most critical part of the race.

It's Been A Strange Trail

Although the '93 Cross Country Team had to deal with a high turnover in its runners from the previous season due to graduation and transfers, the effort put forth by returning members and new students was tremendous. The preparations they made for each meet took a lot of hard work and dedication. Making time each day to run during the summer and continuing this process throughout the Fall season clearly demonstrated the high degree of discipline the runners brought to their sport.

The boys' team record was enhanced by the speed of veteran runner Ryan Bubb

as well as the steady pacing of other talented distance runners. The boys trained hard to establish and enhance their running techniques.

While the girls' team was smaller in number, their spirit and performance equalled the boys. Helen Hines ran her way to a top spot on the team, making a name for herself as a "will do" runner, as well as earning an opportunity to compete in the Regional Cross Country meet. She also helped pace Stephanie Truax, a Sophomore, participating in cross country for the first time. Miranda Johnson and Jenna McGuire returning for their

second year, helped to develop the style and ability of new members Latreese Green and Denise Truax. Myla Spencer and Michelle Spencer also contributed to the team's standing.

Coach Bill Stearns' continued encouragement of the relatively young team helped to build a group of high spirited and committed runners. "It was an enjoyable year. I look forward to our future," said Coach Stearns. When asked her fondest memory of the season, Helen Hines replied, "I'll never forget running Districts in the rain." -Denise Truax

"Cross Country will be my fondest High School memory. I'll always think of the Panther team when I am running: longer, harder, faster, and deeper into the woods." -Ryan Bubb



Top Row: Coach Bill Stearns, Josh Bates, Ryan Bubb, LaShaun Rankin, Mike Koontz, David Agresto
Middle Row: Gerard Perminter, Josh Carvallo, Helen Hines, Miranda Johnson, Jason Roy, Robert Thayer
Bottom Row: Stephanie Truax, Myla Spencer, Michelle Spencer, Jenna McGuire, Denise Truax



During the meet hosted by William and Mary College, Potomac runners get together with Coach Stearns for a pep talk. The overnight trip allowed the team members to get to know each other a little better.



Senior Ryan Bubb, concentrates on running down the hill. Hills are something that runners dread and are often overlooked during practice.

Marching Band

The 1993-94 Pride of Potomac Marching Band had a hard but rewarding year. "The year started slowly in August, but definite progress was made," stated band director Mr. Gary Zolman. "Even though the group was rowdy at first, I'm really proud of the progress made from one competition to another."

The hard work and dedication of "The Pride" earned them a First Place — Color Guard, Second Place — Drum Line, and First Place — Overall Band in Class A at the Warrior Classic at Keeoutan High School in Hampton, Virginia. Earlier this year they also received First Place Drum Majors at

the Oakton Classic, at Oakton High School in Vienna,

“My first year of Marching Band was a lot of fun. There was a lot of hard work, but it was a fun experience.”

— Gordon Dodson

Virginia. "The competitions were the greatest," said Emily Jarabak, senior year flutist in the band. "Being with your

friends all day at competitions and winning awards were a blast."

"The Pride" spent many hours practicing, along with the help of Rob Burrell, a trombonist from George Mason University. Rob was Mr. Zolman's assistant during the marching band's year. He made the year a lot of fun with his sense of humor.

So, as the Marching Band season came to an end, everyone had become a better person. They learned that winning isn't everything and as long as you do your best, you're always a winner. This attitude proved to work, as was seen in the 1993-94 Pride of Potomac's performances.

— Heather Bumler



Curtis Crawford plays a solo at the end of the "Flintstones" melody. Curtis stated, "I really enjoyed playing the solo for the crowd. I believe that they are the most important part of the show."

Steve Osborn played his best at one of the Varsity Football games. The trumpets added a lot to the band's show.



Priscilla Rich, one of the Color Guard section leaders, waits for the Marching Band to play their next song so she can start her routine. Hard work and dedication enabled the Colorguard to win a First Place at the Warrior Classic.

Seniors: Amanda Hayes, Shane Rakes, Emily Jarabak, Travis Dodson, and Venita Garcia are introduced to the fans at their last home game performance. Shane Rakes said, "Marching Band was a lot of fun, but I'm glad the season is over."

Senior saxaphonist, Venita Garcia plays one of her last shows of the season. The saxophones had a great year with Vanita as their section leader.



Preparing to smack the range ball, Mike Carver focuses on his back swing. Back swing is vital for a smooth, consistent stroke.



Chris Wakefield can taste his "one-putt hexa-bogey." The golf team was familiar with shots like these.



With perfect form, Scott Gordon watches for his ball to land on the green.



Striving for Par

The Potomac Men's Golf Team is a team to be remembered for its heart and determination. Although the team didn't win a match in its regular season, it played stylishly.

Highlighting the year was a tie match with arch rival, Hylton. Third seed Ian Flynn said, "We hit our balls hard, with our clubs, and came up with a tie." The team, guided by Coach Kendell Hayes, strove for perfection. The final point tally, when the individual matches

were over, never really showed just how much concentration and effort was exerted by all the competitors. The Panthers' effort reached its peak when Chris Wakefield, Scott Gordon, Chris Crowder, and Brian Herdt combined for a score of 191 to match the Hylton effort. The tie score qualified the team for District competition.

District competition matches were hard fought by the Panthers, but the "dream team" fell a bit short of the score required for advance-

ment to Regional level matches.

The team's attitude was a direct reflection of their basic love of golf. Potomac Golfers love the game, and like to keep it fun. Chris Wakefield summed it up by saying, "We, (The Golf Team), are golfers of skill and beauty, who believe in preserving the game as just a leisure experience, not overplaying the game as we would in college competition." — Scott Gordon —

Ian Flynn, Chris Wakefield, Mike Carver, Scott Gordon, and Chris Crowder converse before their home match against Faquier. The golf team frequently relaxed by talking with each other.

Ian Flynn finishes his putt in match play. Putting made the difference between many good and not so good scores during the season.



Pantherettes: Dancing To A New Tune

As our football program and other fall sports were preparing for a successful new season, so were the 1993-94 Pantherettes who were sponsored by Pat Droles and Cathie Blanton! The Pantherettes had already completed two National Cheerleading camps designed to challenge and improve their dance skills as individuals, officers, and as a team. The officers (Captain, Susan Blanton; Co-captains, Jamie Hinkle and Chrissy Yesko; Lieutenants, Michelle Coxton and Heather Hellmuth) attended a gruelling officer camp at Mary Mount University at the end of June. The Pantherettes' officers swept the camp in receiving all its major awards: Home Routine Superior Trophy, Choreography Award, Team

Technical Excellence Award, the Spirit Stick, and the Silver ALL-AROUND Award. These ladies showed uncommon motivation, unselfishness, and determination in how to become better dancers and leaders sharing their skills

"It's a lot of responsibility and time, but I enjoy it." - Meredith Goodwin

with their teammates at home.

The Pantherette Team attended the Line camp at the University of Richmond, during the first week in August. The 1993-94 Potomac Sr. High

School Pantherettes, for the eleventh year in a row, demonstrated the squad's well deserved reputation for excellence in earning the following team and individual honors: the Spirit Stick Award, which honors enthusiasm and dedication to the sport. Susan Blanton was once again nominated for All-American recognition, the Bronze medal in the Circle of Winners, and Home Routine trophy. The Top Gun award was given to Chrissy Yesko for her outstanding kicking ability.

Overall the Pantherettes have demonstrated extraordinary talent and enthusiasm, and have proven to be superb ambassadors for the school. - Wendy Weitzel



Diana Durell shows her enthusiasm in a routine. The girls practiced after school almost everyday to perfect their routines.

The Pantherettes: Front Row: Chrissy Yesko, Susan Blanton, Michelle Coxton, Jaime Hinkle, and Heather Hellmuth.
 Second Row: Dana Douglas, Themba Jones, Adrian Buffington, Jessica Caseman, Amy Bann, Caren Tahan, Diana Duvall, Deena Taylor, and Heather Udell
 Third Row: Tomika Blackwell, Kristen Buron, Heather Barley, Michelle Nicholson, Nikki Spain, Meredith Goodwin, Holly Swilley, Kerri Adams, Tamara Hawkins, and Crystal Ferguson.



The Pantherettes show their dramatic style and line precision in a routine at a football game. Skills such as these were perfected at line camp over the summer.

Caren Tahan awaits patiently in the cold to practice a routine. The girls had to learn to smile and perform with precision in the searing heat or biting cold.



When the girls aren't performing they are cheering the team to victory. The Pantherettes are a key part of the Panther spirit team, keeping the crowd in the game.

"It teaches you about responsibility and to work and perform well in front of others."- Amy Bann

An End To Love

As the season began the same thought was on the players minds, would this be the season for a win. The team comprised of five returning players knew this was their best opportunity to have the best season in three years. The girls practiced hard, starting in August and took lessons from Montclair Country Club, to help increase their abilities and for the new players to learn the tennis game. The girls also played a tournament at Gar-Field High School to tune them up for tough district play.

As the season progressed, the team faced several hard matches.

Then after a tough loss to Brooke Point, the team knew they could win. "The girls played hard and lost the match, I felt bad. Yet, they were determined to get them the next time," said Co-Coach Robin Soma-Dudley.

Finally, the hard work paid off, in the dark of night the girls won their first match against Stonewall Jackson. "Winning our first match was the highlight of the season," said junior Heather Gillen. Coach Carrie Webb said, "We won the match without Sunny Kleven, who was out due to an injury. I felt bad that she wasn't part of that win because the

one thing Sunny loves is tennis."

Sunny Kleven came back from her injury and ended the season winning. Becky Parker's and Heather Gillen's, the top seeded doubles team, enthusiasm for the game and motivation kept the girls working even through the tough matches. "This is a great group of girls and even though we are losing Becky, Sunny, Dawn Bellamy, and Yung Lee, I feel that the returning girls learned a lot from the seniors about sportsmanship and not giving up. I am proud of this team and excited about next season," said Coach Dudley. -Helen Hines

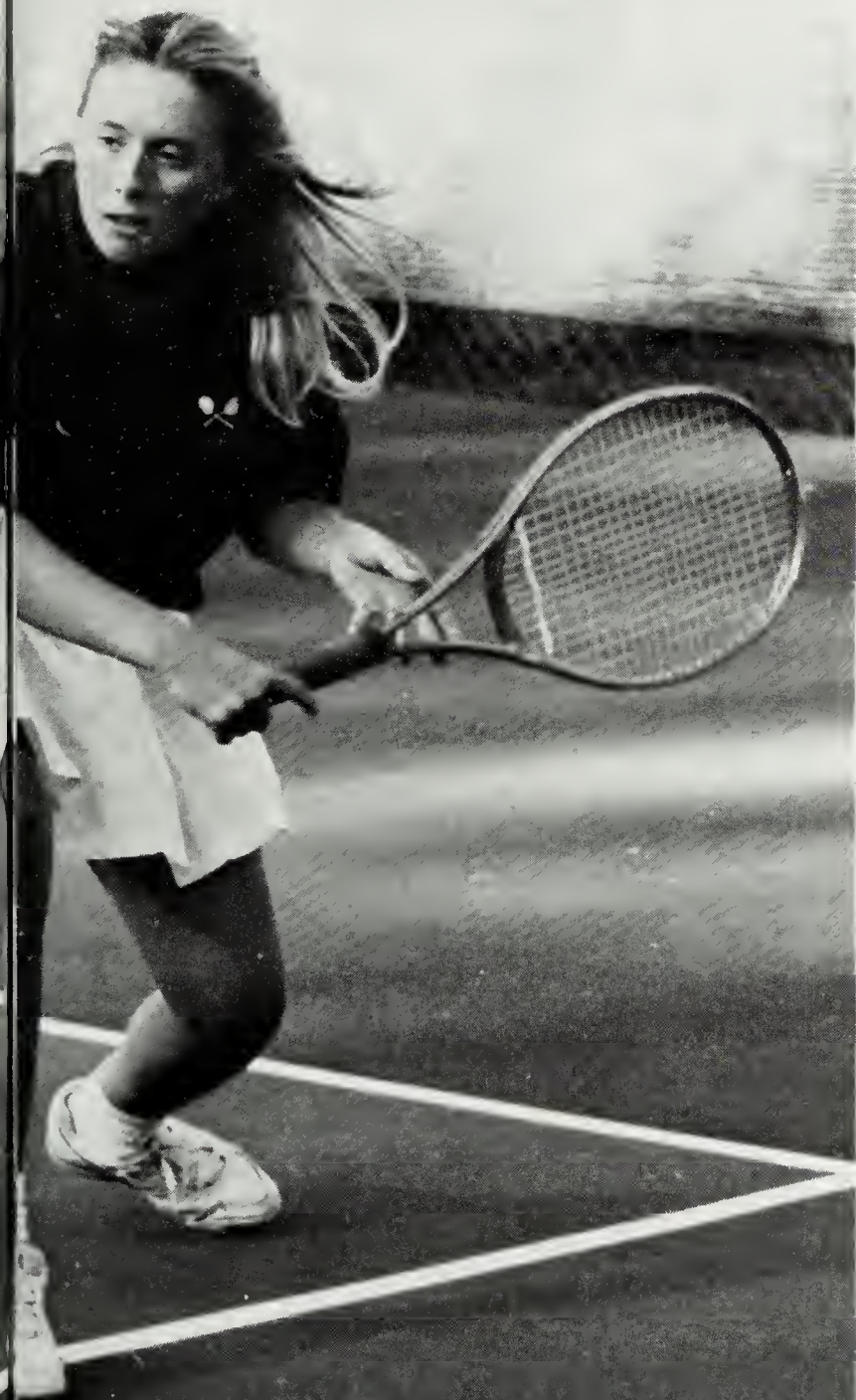


The Potomac Girls Tennis Team: Front Row-Heather Gillen, Yung Lee, Sherry Stanley. Second Row-Christen Wheeler, Sunny Kleven, Dawn Bellamy, and Becky Parker.

Top seed Sunny Kleven, shows perfect back hand form in returning the serve to her opponent. The team learned that serve and return were the two most important points in tennis.

Carol Savage toes up for a return. Playing on your toes helps you to respond better to the ball.

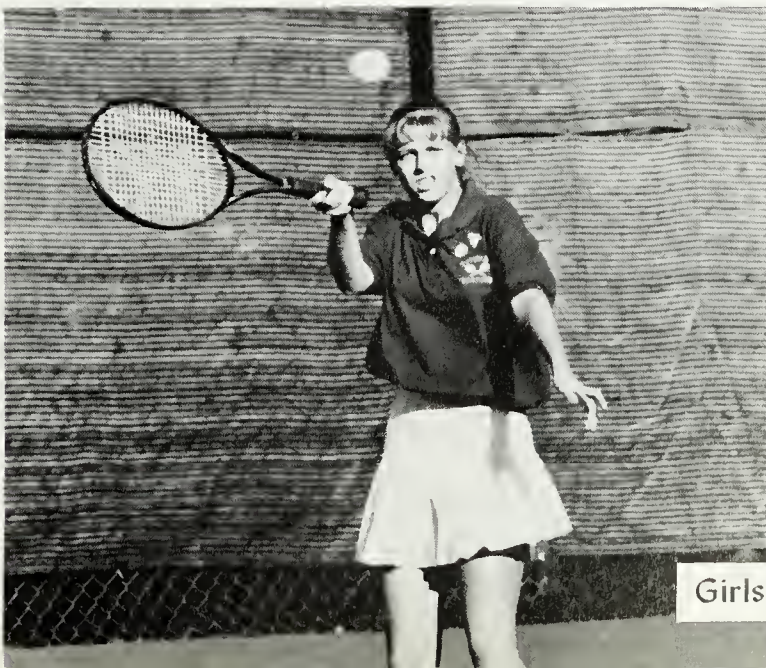




Dawn Bellamy eyes the ball for a lob return. The girls worked many hours on lobs and net shots to help them take the winning point.

“I enjoyed playing tennis. It’s a great sport and lots of fun.”

- Becky Parker



Becky Parker checks the flight of the ball so she can return it with force. Becky had many tough and long rallies with her opponents this season.



Meghan Kent digs a dink during a home game. Staying low and moving your feet was important in order to get to the ball.

"Receiving MVP was really important to me. It gives me something to look back on ten years from now." --Courtney Benton

"You have to keep your hopes up so you won't beat yourself." -- Shannon Washington



Varsity Team: Front Row: Meghan Kent, Eva Catedral, Shannon Washington
Second Row: (manager) Chrissie Ksanak, Pamela Smith, Karen Andreno, Courtney Benton, Karen Dennison. Not pictured: Nora Collins, Carolyn Trexler, Niesha Speights, Shanna Jackson

Volleyball

The Hardwork and Dedication

Volleyball is a sport in which one can excel. It takes hard work and dedication in order to reach that goal. It is not easy to bump, set, and spike. All these skills are learned, practiced, and it takes time to perfect them. The girls practiced from late August through October. They gave up all their time to the sport, because they loved it. This year's team consists of five returning Senior players; Shannon Washington, Courtney Benton, Pamela Smith, Karen Andreno, and Carolyn Trexler. Newcomers are; Eva Catedral, Shanna Jackson, Niesha Speights, Karen Dennison, and Megan Kent. Helene Karlsberg is a newcomer and a foreign exchange student from Sweden,

who finds being on the team a whole new experience. All-around player Courtney Benton received the Most Valuable Player of the year and Nora Collins was awarded Most Improved Player.

There was not a day when the girls did not work 100 percent. Each player emphasized that teamwork is a big effort. It took hardwork and practice to stay aggressive in each game. Even though the girls had a rough season, they still had the motivation to move on. "You have to keep your hopes up so you won't beat yourself," said Shannon Washington. The team's sportsmanship and positive attitude helped them remain competitive throughout the season.

Varsity player Pamela Smith demonstrates her ability to keep her eye on the ball. Staying in position and concentration are pivotal parts of playing the game.



J.V./Freshman Volleyball Team: Front Row: Eda Catedral, Christy Stoneman, Lori Becker, Anne Thayer, Megan Dunn, Tabitha Fincham Second Row: Chrissie Kanznak, Patricia Parr, Tiffany Goodwin, Pam Austin, Sun'hee Waite, Joyce Brewer Not Pictured: Cindy Dominy, Angel Yegoah, Christina Boyd, Janet Caramanica, Anquetta Blount

Seniors Pamela Smith, Karen Andreno, congratulate Carolyn Trexler for a successful play. Recognition for good plays was valued by the players and kept team spirit alive during tough games.

Girls' Gymnastics

Keeping The Dream Alive

For some schools the gymnastics program comes easy. They have girls who have been walking the beam before they could even walk a floor. For us though, the program is hard to keep alive. Neither one of the middle schools have very active programs and it is difficult to teach a girl gymnastics if she has no experience in the sport. That is why this year's team is so special, these girls faced the odds and went out and performed the sport. Many had not performed since grade school and others like Themba Jones are part of a gymnastic club.

All the girls work hard practicing two hours everyday in the evening.

"Yes, it is hard to keep your grades up with the late practices, but I enjoy the sport a lot," said Katie Laskey. The coaches, Robin Soma-Dudley and Carrie Webb worry about the girl's grades a lot. "We understand how difficult it is to keep your grades up in any sport, but especially one that has a tendency to have such late hours," said Mrs. Webb.

As in any sport, Mrs. Dudley and Mrs. Webb feel that the gratification someone receives by competing is the most important factor. "We feel so proud of the girls when they perform, it is difficult because it is only them, the abaratis, and the judge. We can't help them until the perform-

ance is over," stated Mrs. Dudley. "And someone like Themba makes the sport worthwhile."

Themba Jones has placed in every meet that the team has participated. She has either received a third or fourth finish and even had one first place all-around finish. "She is a hard worker and has complete dedication to the sport and she is only a freshman," said Mrs. Dudley.

For the future it is hoped that this year's team, which showed tremendous dedication and pride, can keep the program alive for next year. But as Mrs. Dudley stated, "We can only hope."
— Wendy Weitzel



Beth Henson demonstrates a jump on the beam during a quad match at Hylton. Beth was one of the first year team members who hasn't performed the beam since middle school.

Girls' Gymnastics Team: Front row: Andrea Hayes, Cassie Ward, and Christina Boyd. Back row: Ann Bruschi, Katie Laskey, and Kari Poe.



Themba Jones prepares to do a turn on the beam. Themba was the star of the team placing in every meet.

Andrea Hayes takes a practice "touch" in the meet with Hylton. In official meets the judges were very strict only allowing a set time for practice and touches.



Katie Laskey performs her straddle vault. All gymnastics moves had different degrees of difficulty and were judged on a scale accordingly.

Wrestling

All or Nothing!

This is a one-on-one sport. Once you get out on the mats it's just you and your opponent. There is no turning back, you either give all or nothing. There are many different weight classes in the sport of wrestling. Many wrestlers strive to make the weight. They will weigh themselves many times the day of a meet to make sure they are not too heavy or too light. In some ways the days of meets the players almost get obsessed with their weight." I know wrestlers that leave the lunchroom several times to weigh themselves," said Shawn Kearney who watches the English hall during lunches.

This year's team is fairly young and inexperienced. They have two freshman, Steve Clement and Tim Shavargo, four sophomores, James Day, Arty Flecker, Tommy McGrath, and Eddie Woods. There are three juniors, Ken Cole, David Peck, and Quincy Queen. The team leadership comes from the senior members, which include Mike Carver, Lewis Hardy, Na-

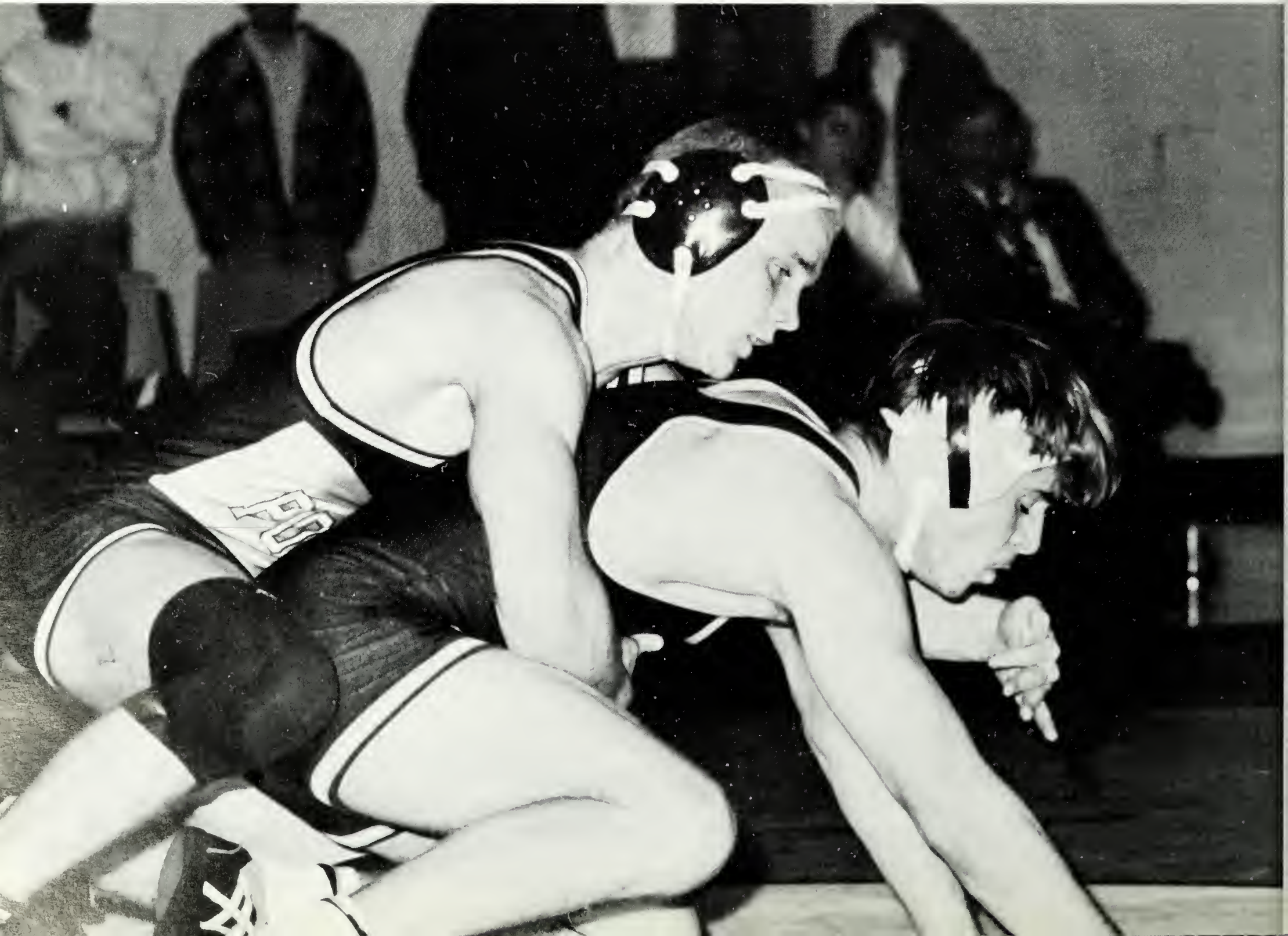
than Rasmussen and last but not least Matt Smith. The team is coached by Mr. Don Scarr, who has indicated this is his last year, and Mr. Steve Bryson, heir apparent. Mr. Scarr feels that the team this year is small but of good quality and would like to improve the skill level for next year. As he puts it "A few good men, some good skills, and a lot of good attitude."

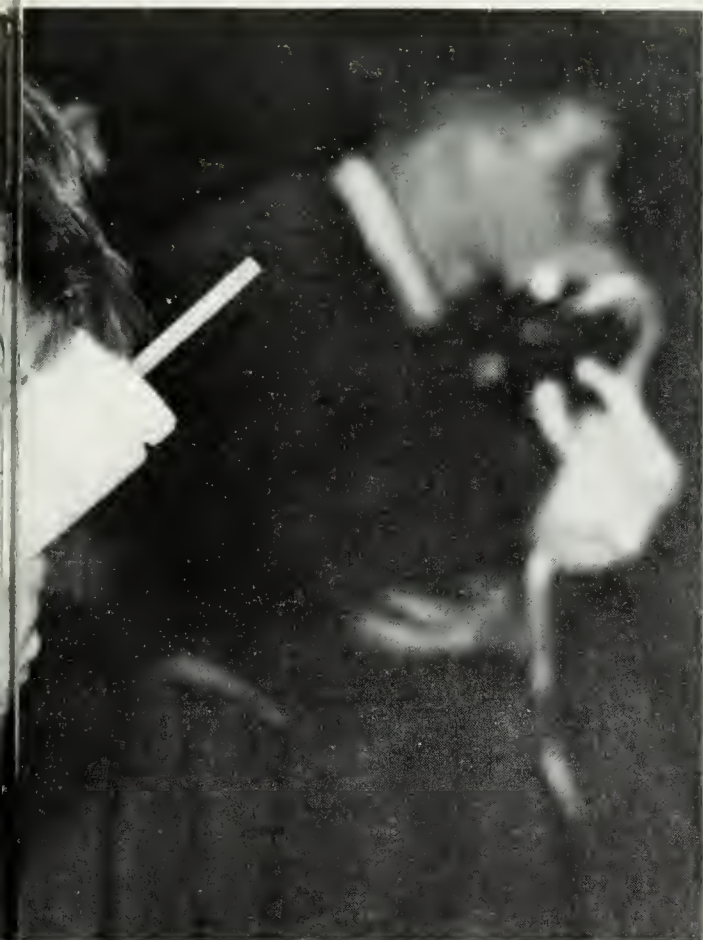
As a first year coach, Mr. Bryson has a new view on the wrestling team, "It is a strong varsity team. There are a lot of young guys who will make the team strong again." He continues by saying, "There are some good, strong freshman and sophomores that make the future look promising."

Wrestling takes time out of the busy schedules of both the students and coaches. As Mr. Bryson states, "Even with the demanding hours that practice requires, I am looking forward to creating a stronger and bigger Panther wrestling team!" — Tabitha Fincham and David Lamborton

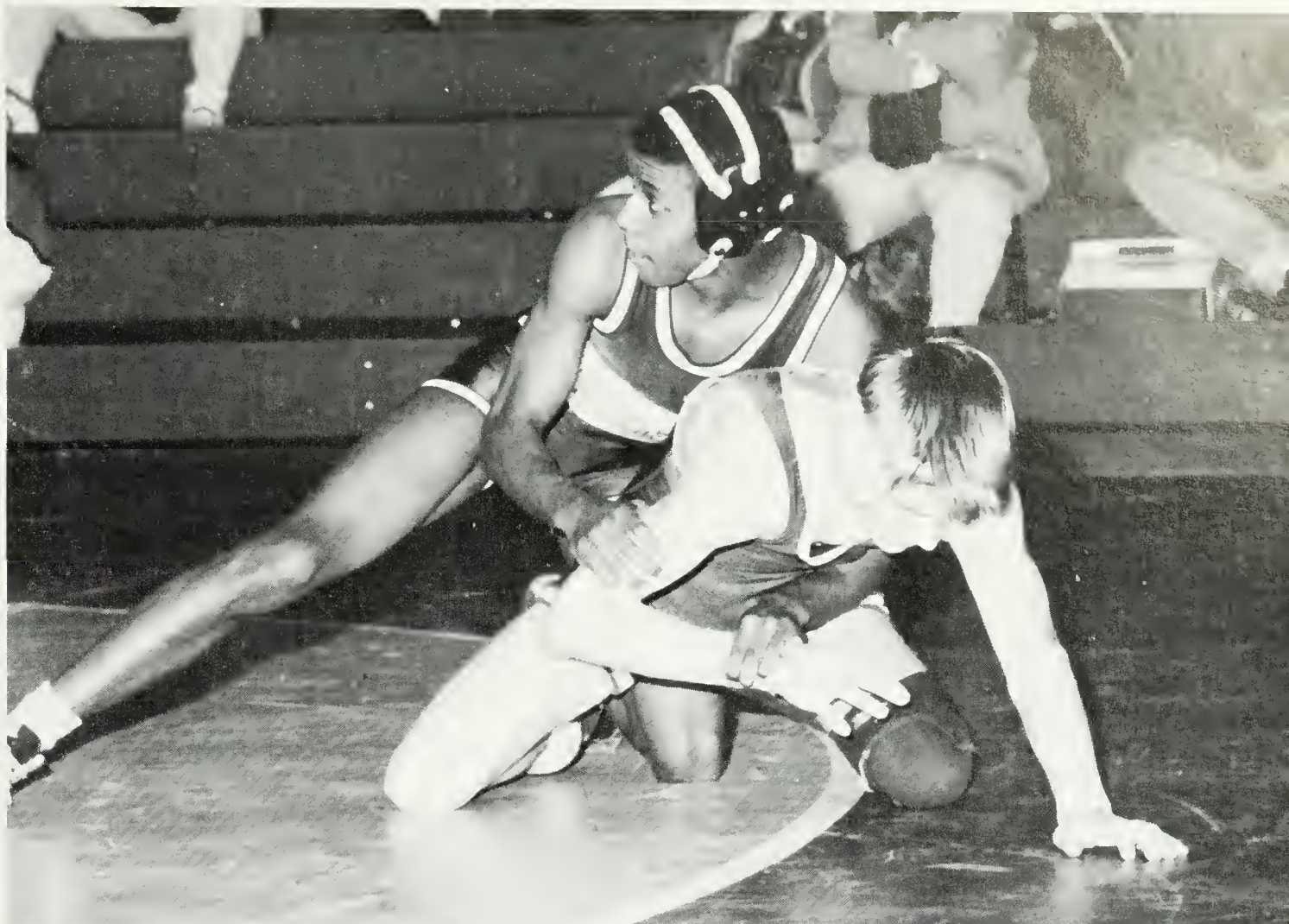


Matt Smith readies himself for what will hopefully be a quick pin. Matt, a senior, earned several honors as a premiere wrestler including lauds from the Washington Post and local papers.





Tommy McGrath takes a well-earned break after a tough match. The amount of energy and intensity expended in this sport, causes all its participants to feel "drained" at one time or another.



Ken Cole looks up to get encouragement from his coach and teammates before making his next "killer" move. Ken a veteran wrestler had an outstanding 26-6 record last year.



Varsity Team: Top row: Bobby Sutliff, Quincy Queen, David Peck, Edward Woods. (Middle row) Arty Flecker, James Day, Nathan Rasmussen, Lewis Hardy, Matt Smith. (Bottom Row) Tim Shavango, Mike Carvea, Tommy McGrath, Steve Clement.



*No where to run
No where to hide
Not for everyone
No substitutions
No rest
No help
No timeouts*

J.V. Team: (Top row) Sam Orr, Tom Longhorn, Eugene Meadows, Mike Butts, Cliff Harris. (Bottom row) Jackson Alexander, Deon Toliver, Tom Sanchez, Eric Martinez, Ben Silence.

Lady Panthers - Fast Movers

Success is most often a direct result of hard practice, hard work and a "bitta" luck. Most teams try hard to demonstrate a winning attitude. The Girl's Varsity Basketball team not only tried, it showed that they had the right stuff to field a winning team. Team watchers al-

ways saw the team in a push to win mode of playing. This point is underscored by point guard Karen Dennison's comment, "In practice we always push each other and this shows on the court. We may not win a lot but we give each team our best effort." The team's obvious lack of

height was a factor in its lopsided win/loss statistics. However, it definitely did not impact on the team's fast paced style of playing.

Coach Ron Clark feels that his players are capable of beating most teams, even those that are able to draw from a student body that is dou-

ble the size of Potomac's. Coach Clark believes that our players have the talent to turn the tables around next season and has set a goal for the girl's team to win a district title, with a "bitta" luck and continued fast moving.

— Nadira Shafeek



Karen Dennison shows good form while taking a foul shot. The girls spent a lot of time working on their foul shots during practice.

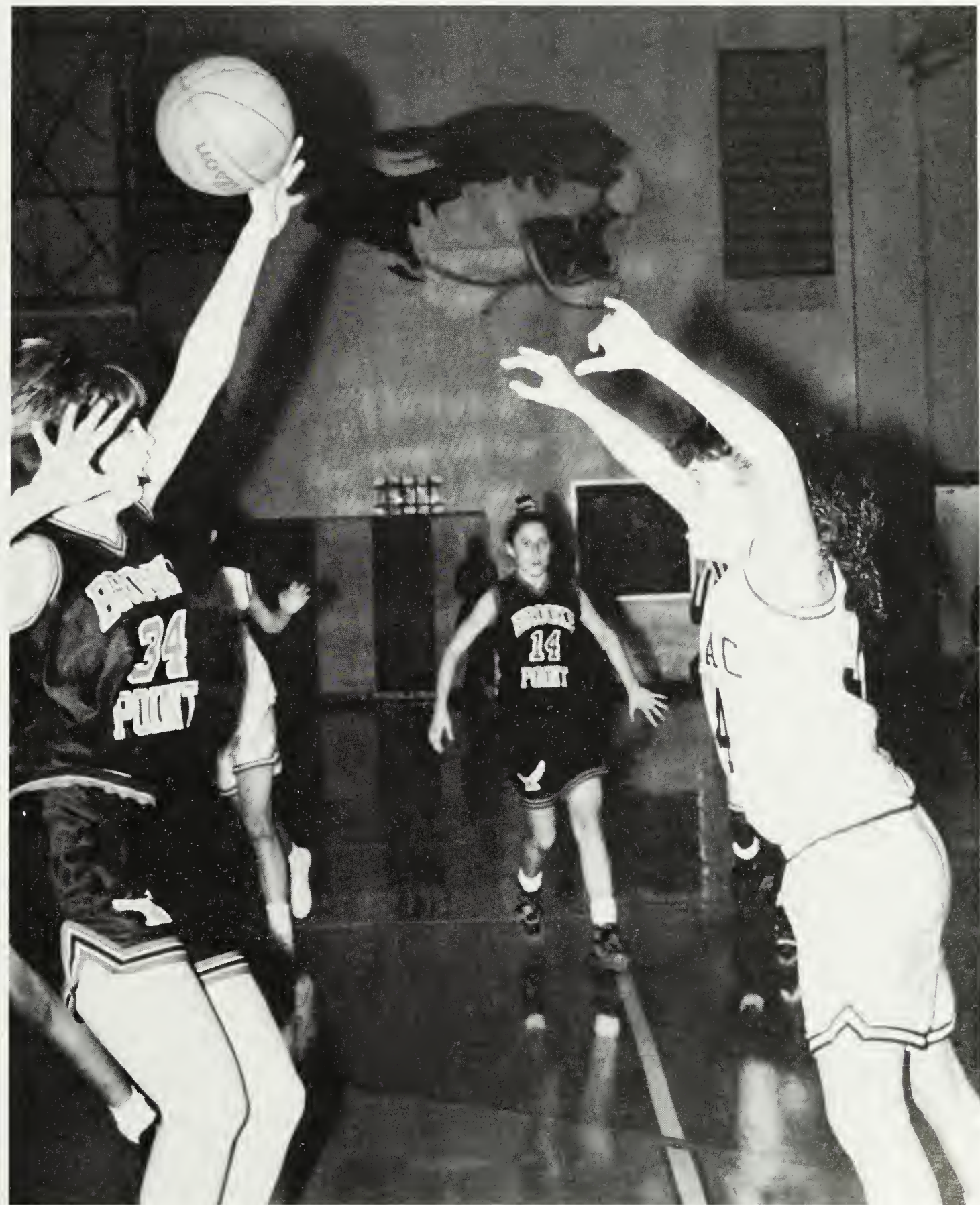
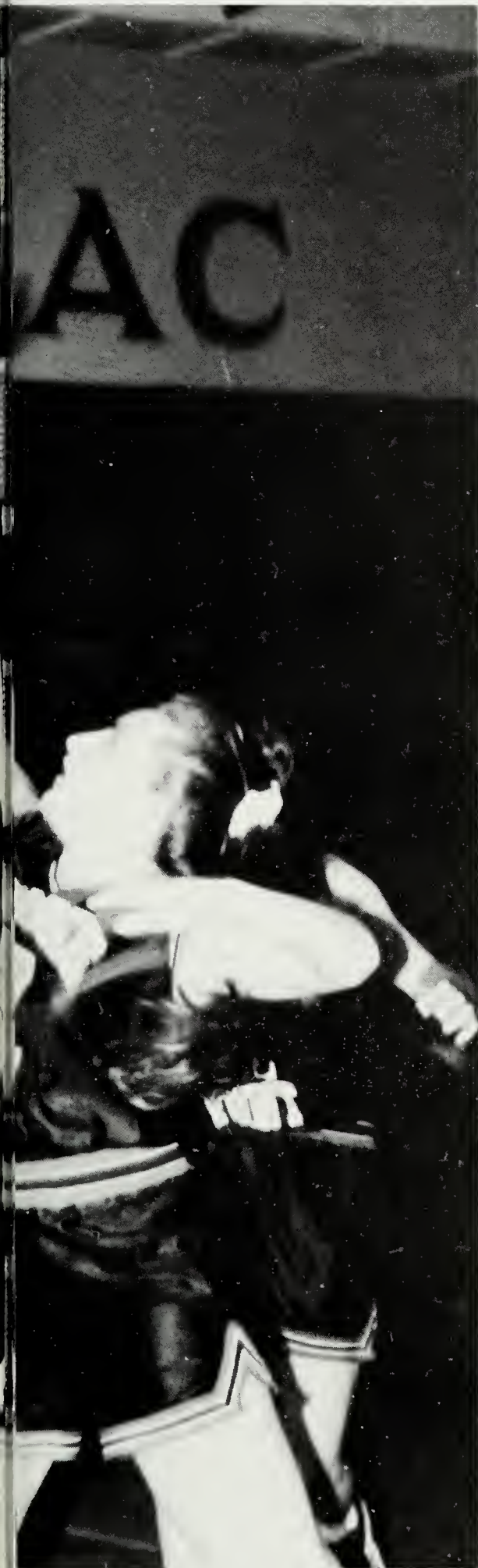
Kim Heard controls the offense as Karen Dennison finds some open space. Kim's court control helped the team stay competitive during games.





Coach Ron Clark gives his players some advice during a timeout. Timeouts helped the team to change the pace of game.

Top Row: Tomika Anderson, Monica Johnson, LaShane Smith, Kim Herd, Bottom Row: Nicois Parker, Karen Dennison, Monica Chase, Angela Yeboah, Tami Clayton



Going up hard, Tomika Andeson powers through Brooke Point's defense to put two more points on the scoreboard. Tomika's skill and drive made her an essential member of the team.

Quick passing LaShane Smith fires the ball into the center to set up a scoring play. Passing was an important tool used by the team to counter their opponent's defense.

Girls' J.V./Freshman Basketball

Hardwork, patience and determination are some of the words that should be used when discussing this year's J.V. and Freshman Lady Panthers. This year, these teams have worked extremely hard to achieve victory. "It's no joke, you work hard and at the same time you have fun," said freshman player Aliyya Shafeek.

Hard practices and well played games were the primary team goals for this year's season. With some hustle and struggle, the teams played their best and showed Potomac pride.

"In good or bad times, our teammates and Mr. John Kittell are always there for support," said J.V. player Nikia Studevent.

They played their best,

"... you work hard at the same time you have fun." -- Aliyya Shafeek

in every game and never gave up. The girls, on these teams, this year, have proved themselves to be leaders on and off the court. The tough

games have made these players realize what they are made of, definitely the right stuff. Or as J.V. player Neisha Speights states, "You should always look towards the positive side, even though there are so many negatives."

Through their many hardships the two teams have learned that the game isn't just a game, it is also a learning experience. They will take what they have learned and apply it to their future. The Lady Panthers are determined to be successful. --Nasira Shafeek



J.V. Girls' Basketball team: (Front row) Stacy Adams, Ann Taylor, Janaye Felder, Anquet Blount, Yasmine Angoe. (Second row) Nikia Studevent, Chastity Skipper, Susan Washburn, Andrea Hayes, Danielle Denault, Shauna Cole. (Top row) Coach John Kittell, Tracy Rallis, Neisha Speights, Beth Graves, Nasira Shafeek, Amanda Sackett.

Chastity Skipper goes up for a lay up against Brooke Point. The girls have drills at each practice to perfect these shots.



Nasira Shafeek displays great ball handling ability as she tries to avoid a trap by Brooke Point. It was important for the girls to try to get the ball to the inside player so they could open up the game.

The J.V. bench listens while Coach Kittell discusses what it will take to win. No matter what, it was important for the entire team to feel they were part of the game.



The Freshman Girls' team: (Front row) Jessie Gibson, Mindy Bushey, Aliyya Shafeek, Lisa Jahnke, Bonji Stokes, Joyce Brown, Bonnie Britton. (Top Row) Coach Mark Maloney, Mary Edington, Chavonne Outerbridge, Kelley Allen, Jennifer Downs, Kathy Hawkins, Lissa Wetherall, Lisa Coleman.

"You should always look towards the postive side even though there are so many negative times." --Neisha Speights

Varsity Basketball

Jammin' the Ball to the Rim

This year's varsity team is a fairly young, but extremely talented team. With only four seniors, one sophomore and the rest juniors this team has the ability to build a dynasty. "There are players on this team that can end up basically being a franchise," said assistant coach Shaun Kearney.

The talent on this team seems endless with players having the potential to go to some highly coveted ACC schools. The team started out quickly, winning there first four games with considerable force. They have also experienced some tough losses like to Gar-

Field. Yet, the hopes run high for this fast breaking powerhouse team. With its high power scoring and tenacious defense, the varsity team has broken a few records! Just ask Brooke Point about the 114 point Panther jam fest.

They also have some record breaking height with players like Roland Roberts playing center. He is a tough guy for opponents to get around. Or look at the fast break lead by "dual" athlete Erskin Fox, not only is he quick on the run, he can pass to the inside or just go ahead and shoot it- swoosh

its good! Everyone believes the team could go all the way, especially Activities Director John Jenkins. The potential and promise of this team is making the entire school feel the pride. Coach Kendall Hayes has also expressed great confidence in this year's team. "Our goal is to reach the finals," said Coach Hayes. The entire team and coaching staff feels they have the ability to make it. Jarel Ford states it best, "We all really want to win. We have the chemistry to take it all." -- Barry Blake and Chris Lambertson

Junior Tinail Harris glides through the lane attempting a shot against Gar-Field. Unfortunately, Gar-Field proved tough for the Panthers this year beating us twice in non-district games.



Senior Earl Skinner looks to pass the ball inside after a pick off attempt. Earl's abilities and instincts on the court helped the Panthers to victory.



Sophomore Roland Roberts dunks the ball with authority after a perfectly executed lob from point guard Erskin Fox. Dunks like this one are a real crowd pleaser.



Junior Erskin Fox tries to maneuver his way through a tough Indians defense. Erskin is one of assist leaders for the team.



The Varsity Team: (Back row) Coach Kendall Hayes, Tinail Harris, Roland Roberts, Refiloe Lethunya, Mike Neal, Nathan Poole, Kris Kwiatkowski. (Front row) Earl Skinner, Jarel Ford, Kenny Anderson, Erskin Fox, Glendale Kirkland, Cortez Baker.



Junior Mike Neal looks for an open man underneath the basket on an inbound play. Mike's height gave him that needed advantage on inbound plays.





Willie Collins puts a move on a Stonewall Jackson player for a hard earned lay up. Because of his hard work and talent Willie was seen as a definite candidate for the varsity team.



Mike Beall checks his man on a defensive move. J.V. players learned different types of defenses and their importance in winning games.



J.V. Basketball team: (Front Row) Jamal Coleman, Trey Boss, Willie Collins, Kwame Groves, John Goode, and Mike Beall. (Back Row) Jeremy Writt, Calvin Hargett, Ernest Harrison, Jason Harris, Larry Jackson, Delroy McDonald, and Coach Dan Kearney.



Freshmen Basketball: (Front Row) Jimmy Henson, Greg Lewis, Thadius Kwiatkowski, Terrance McCoy, Gordon Dodson, Jamar Swanson, and Tyana Washington. (Back Row) Julius Alston, Terrell Butler, Shajuan Williams, Kevin Yohey, Tommy Kellett, Pat Honore, Jerrod Writt, and Ini Bassey.

J.V./Freshmen Basketball

Training For The Future



Hope for the future of the Panther's basketball winning tradition relies on the players coming up in the system. Much like a farm program for baseball, J.V. and Freshmen basketball prepare the players for one goal, to play on the varsity team.

Many times boys who come out for the teams don't bring much experience with them. They may have played some ball in middle school or played well in pick up games, so they have to work hard to learn the discipline of the sport. Many people believe that basketball relies purely on talent, but it is also requires learning different offensive sets and defensive picks.

This is what J.V. and Freshmen basketball teach these young players. Winning is only part of the game. This season the J.V. team led by Coach Dan Kearney started out winning hard, but then ran into some tough opponents and an even tougher winter. The team

no matter win or lose kept working hard. "No matter what the winter weather hurt us. It is hard to keep up any type of consistency when your schedule is always changing," said Assistant Coach Shaun Kearney.

The winter weather this year was tough on many teams and their coaches. Many schedules were rearranged and practices tough to keep. Yet, through it all the coaches felt they had players to be proud of and who showed much promise.

Both Mr. Kearney's see Point Guard Willie Collins, Forward Calvin Hargett and Center Ernest Harriston moving up to the varsity level. All this with the hopes of keeping the winning tradition alive.--David Lamberton and Tabitha Finchum

Calvin Hargett elbows his way to the ball for a tip in. Being able to get to the ball was not only important for defensive rebounds, but also for big offensive plays.



Showing Their Spirit

The Varsity Cheerleaders sponsored by Mrs. Maureen Hjar are a group of hardworking, fun loving, and dedicated girls. The girls put a lot of energy into the routines we see at all the games to cheer the team on.

These wonderful cheerleaders attended a camp at George Mason University and won the championship trophy for their dance performance. While at camp Leslie Melvin and Jaime Ad-

raiolo were chosen as All-stars.

Earlier this year the

“Cheerleading is a way for me to show my school spirit.”

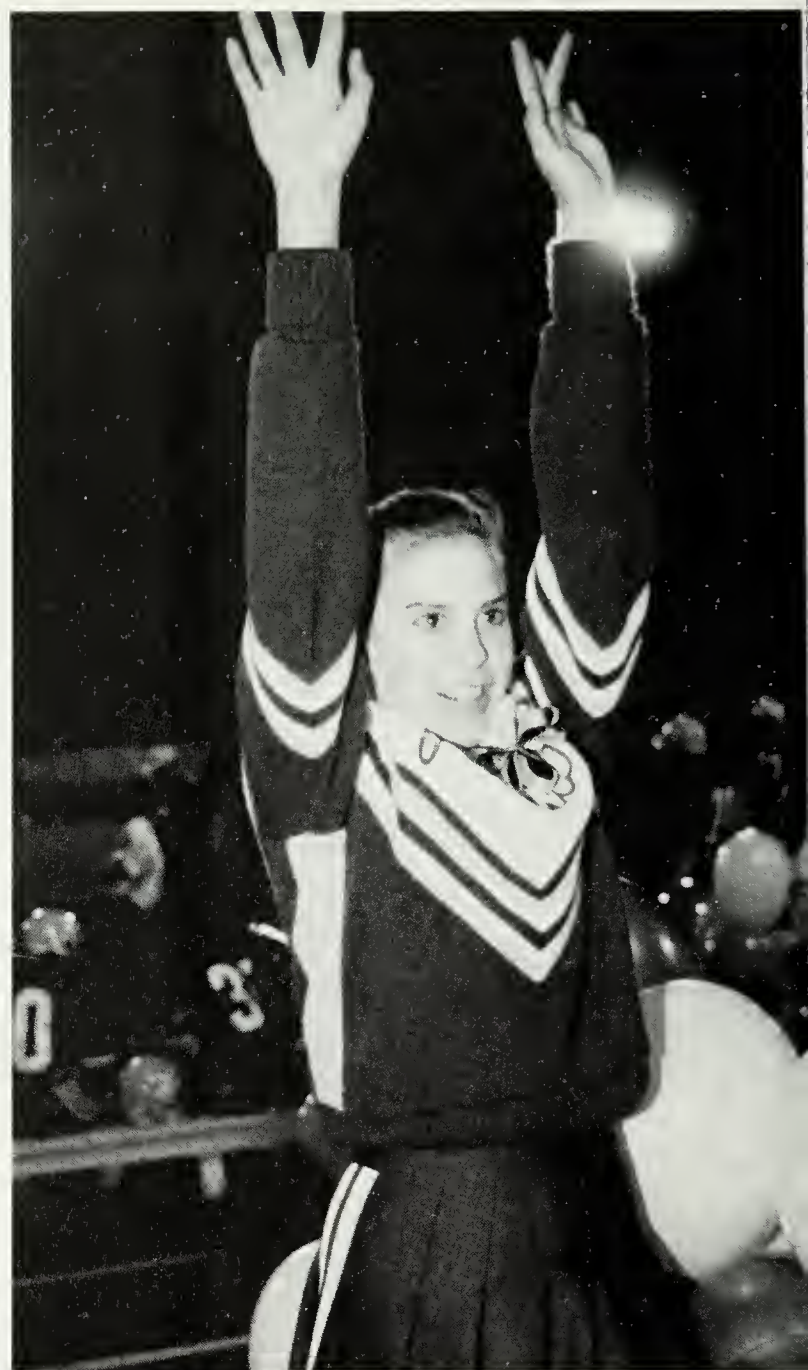
— Sarah Rolli-son

squad went to a competition and won first place in their division. The long

hours of practice (the girls practice after school every day) have resulted in big crowds and a winning style.

Contrary to what people may believe these cheerleaders are not a bunch of airheads. They have a large amount of dedication to the school, they are also intelligent and involved in many other activities like school clubs and sports.

These young ladies make us proud . . . Go Panthers!!! — Wendy Weitzel



Danielle Bernier reaches for the stars. The girls worked many hours perfecting and practicing routines after school and still kept their grades up.

Mandy Lake, Phaneth Keo, Danielle Bernier and some of the other girls pose in front of a moving van for fun. Pictures like this symbolize the team is moving forward.



The cheerleading squad sits awaiting their next cheer. No matter what the weather conditions the girls were always ready to cheer the team on.

Leslie Melvin concentrates on her cheering routine. The girls had to have great stamina to be able to complete routines during adverse conditions.



The Varsity Squad: Mandy Lake, Leslie Melvin, Lindsey Priestly, Kathryn Schwetje, Jaime Ardialo, Robyn Purdy and Amy Severy.

“Being a cheerleader has also enabled me to build many strong friendships.”

— Sarah Rollison



The J.V. squad shows their Panther pride while cheering for their team in a game against Stoewall. The girls on the squad had to memorize between sixty and eighty cheers a year.



Varsity Cheerleader Leslie Melvin, shows the freshmen girls a new building stunt. Many times the girls from the other squads would help with new routine ideas.

" School spirit goes beyond just cheering. It's a special energy that the cheerleaders have." -- Rachel Keen

Alyssa Eland, Holly Krass, Katy Elmore, and Amanda Martin show perfect form cheering at a game. Their percision in movement is why they are number one.



J.V. and Freshmen Cheerleading

There are two other cheerleading squads besides the varsity squad that cheer teams to victory. They are the J.V. and Freshmen Cheerleading squads.

The J.V. squad, is coached by Latin teacher Mrs. Natalie Bonshire and the Freshmen squad is coached by Ms. Glenda Morton.

In August the squads attended a camp at George Mason University, where they won first place. The squads also competed in the Colonial Regional Competition, which was held here at Potomac.

The competition held in November, included squads from many different schools. The squads were judged on a

two and a half minute routine that had to include dance, cheers and building stunts. The Panther J.V. squad took first place honors and the Freshmen squad won third.

The girls practiced

"Cheering helps keep me involved in school." --Amy Dodson

hard for the honors they received in the competitions. They practice after school almost every day and come in on Saturdays. They also have to cheer at the games for their perspective classes.

With all this time de-

voted to practices one would think they wouldn't have time for anything else. But, they do. Many of these squad members are also involved in clubs at the school and in other sports, such as gymnastics.

Amy Dodson of the J.V. squad split her time between cheering and gymnastics. It also became a strain on her schedule, but it was important for her to do both sports.

These girls are some of the most dedicated that the school has to offer. They keep their grades up, they stay involved, and they always have spirit. They make us proud. --Wendy Whetzel



Holly Krass is leading a victory cheer. Time and talent are two factors that help make a successful squad. You needed to put in the time to fine tune the talent.

Ms. Glenda Morton gives the freshmen girls a little pep talk before a practice. For many girls, they relied on their coach to help them correct mistakes and refine their cheers. Sometimes, the coach even became a surrogate mom.



On The Road To A Win

Determination and teamwork were vital keys to a successful season for both the Girls Junior Varsity and Girls Varsity Soccer Teams. The Junior Varsity team was determined to master the fundamentals of the sport as well as to have fun in the process. The Varsity Girls Soccer team was determined to make it to Regionals for the first time in Potomac's history. But, before they could reach this goal, the team had to overcome many obstacles. Last

year's team was dominated by seniors, so Coach Tom Giska's first goal was to rebuild his team by recruiting Junior Varsity players from Coach Mark Purtell. "I felt that the girls were ready for a higher level of competition," said Coach Purtell.

The ability of the individual players to play as a team and overcome many injuries helped them improve their performance. This was evident when they came from behind and beat Stafford in the game that

qualified them for Regionals. "The game that sent us to Regionals was probably the best game we ever played, considering all of our injuries. We all worked really hard, and played together as a team," said Claire Collins. Coach Giska said, "I was very pleased with the way the team improved this year, considering all of the changes that the girls went through." Above all, the team still had fun while working hard. --Teresa Lloyd



Front Row: Tara Christian, Jen Ghisoifi, Meghan Crowder
Second Row: Theresa Lloyd (Manager), Erin Mercia, Melissa Connolley, Hillary Hartt, Kerry Adams, Courtney Manuel, Janet Caramanica, Kim Riter (Manager)

Third Row: Coach Tom Giska, Bridget Byington, Claire Collins, Ashley Gooing, Jen Scudamore, Helen Hines, Staci Tarbet, Becky Parker, Melanie Rogers, Ashley Rogers

Center photo - Janet Caramanica blocks a Bulldog player as Meloney Rogers takes control of the ball.

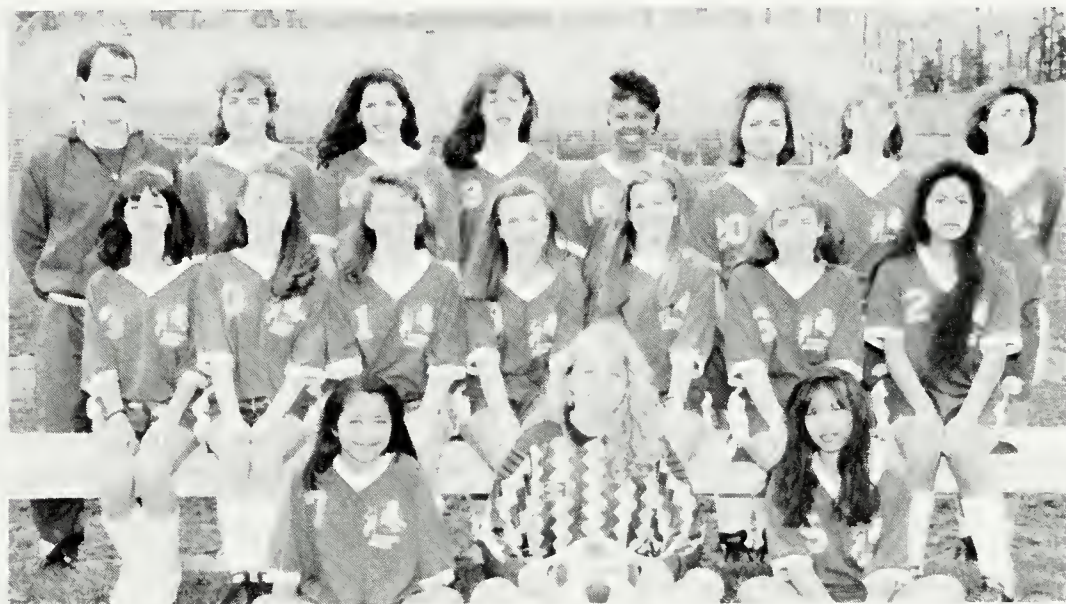
Helen Hines and Becky Parker explain to Janet Caramanica one of Mr. Tom Giska's new formations.





Helen Hines dribbles the ball towards the Bulldog's territory. Hylton was our toughest competition during the '92 season. Their coach Mr. Mayes was Potomac's former coach.

Front Row: Eva Cathedral, Christen Wheeler
 Second Row: Susan Washburn, Amy Bann, Hillary Hartt, Heather Gillan, Kristy Finucan, Wendy Hornback, Heather Hellmuth, Venita Garcia
 Third Row: Coach Purtell, Jacelyn Morois, Amy Ortiz, Michelle Nicholson, Tiffany Jordan, Jennifer Milligan, Kristen Patterson, Danielle Denault



Ashley Gooding quickly recovers a lost ball from Osborne Park.



Scott Gordon uses his "head" to beat out Hylton's Josh Munkeyson in a one on one contest to pass a loose ball on to a waiting teammate. Players quickly learned that soccer is a sport that requires players to use their heads - literally and figuratively.

Goalie Carlos Cabanez's "saves" frustrated numerous attempts by opponents to run up their score. Carlos's quick reflexes and sure hands frequently helped him to return "air balls" to Panther control.

"I'm confident that our team was capable of more wins, but the fact of the matter is, we had more losses than wins." — Scott Gordon



Tim Kaschak and Scott Gordon finish their run on the goal. Players always tried their hardest to set up scoring plays.



Soccer - Hard Heads and Fast Feet



Varsity Soccer - Top row: Coach Bill Delaney, Stu Rumley, Jim Brown, Scott Gordon, Carlos Cabanez, Tim Kuschak, Lee Rumley.
Middle row: Mondo Guerra, Jack McGovern, Matt Boyd, Ian Goodman, Matt Costa
Bottom row: Chris Anthony, Brian Letendre, Dave Caramonica



Junior Varsity - Top row: Coach Mike Young, Yong Sun Hong, Brian Nicknardarvich, David St. Jean, Micha Henry, Patrick Dowd, Mike Tribe
Middle row: Kenric Russel, Jaun Rivera, Justin Rillon, Ned Baren, Nathan Rusmussen, Carlos Garcia
Bottom row: Brian Lendre, Danny Warren

The only word which properly describes the '93 boys soccer season is "unlucky." Disappointing, close games were common for the Panthers. During games with Garfield, Faquier, and Osbourn Park the team either led or was tied for almost the entire game. In most cases, the Panthers played better, then suffered miserably after a fluke goal or an unfavorable referee call.

Most players on the team were new to varsity level play. Several team members had been playing JV ball, and were brought up late in the season to replace key losses such as Matt Rossi, Chris Anthony, and

Mike Smullen. In most cases, the losses and changes in the roster can have a negative effect on a team.

For the Panthers the opposite is expected to happen. The team will only get better. A renewed attitude is expected, and needed. The upside to the new team will be its unity. Most players will be Seniors who have known one another, and have a good chemistry on the field. After a season of questionable luck, injuries, and some confusion; the future will bring improved play and winning scores.

Starting early in the year with training days and intramurals, is Coach

Bill Delany's plan. The team expects to be in excellent shape for the '94 season. Running, working out, and enhanced playing strategies will be on the team's agenda. Training hard is important, Jack McGovern underscores this point with his comment, "Next season, I expect the team to play harder and tougher." Chris Wakefield added, "It's going to be an exciting year! Which ever way the final stats point, the truly important thing will be that we show that we have practiced and played hard as a team and had fun at the same time." -Scott Gordon-



Senior Matt Rossi expounds on his concerns over a referee's call. Player opinions on referee calls were often misinterpreted and resulted in the presentation of "yellow cards."



Panther player, Ian Goodman challenges Hylton's Robbie Renyolds for control of the ball as Chris Anthony anticipates a through ball.

Baseball

The Road To Regionals

The Varsity Panthers had dropped their first three games, and three more games had been postponed due to rain delays. "Wouldn't it be something if we won the whole thing?," said catcher Bobby Courtnage, concerned with the degree of hustle and teamwork displayed on the field.

The Panthers were playing sloppy defense at all positions, from first base to right field. Missed cut-offs and blown signs were common along with the

fact that sacrifice bunts and pick-off plays were botched during games. "I remember when we blew an eight run lead against Gar-Field," recalled third baseman Brian Abell. "We had nine errors in one inning, and we lost a game we should have won. The players and team watchers believed that things couldn't get any worse."

Guess what! They did not get worse. Actually, things got better, a lot better! "We had guys like Jeff Vandesard and Ben

Jones knocking the ball out of the park," said Coach Dave Colcombe. "Our defense picked up and our bats came to life." The Panthers charged on to win game after game. The bleachers began to fill as fans watched the Panthers play smart and hard to bring home the District title, and prepare for state level competition. Shortstop Mike Wolters said, "We just took it one game at a time, and the winning came naturally."--Joe Somosky

Center fielder Ben Jones throws the ball back into the infield during a home game against Hylton's Bulldogs. Ben had to make the switch from catcher to outfielder after knee injuries hampered his performance behind the plate. Besides having a strong arm, Ben was known for his powerful batting skills, which netted him some big base hits and even bigger home runs.



First baseman Jeff Vandesand unloads on a pitch from a Woodbridge pitcher. Jeff's hitting improved dramatically during his junior and senior years. Jeff developed a power stroke that netted him numerous home runs over the course of the '93 season.





Varsity catcher Bobby Courtmage meets with pitcher Sonny Moss on the mound after Sonny had given up two consecutive walks to Hylton batters. Bobby was an excellent receiver with a strong arm behind the plate. His years of experience as a catcher helped him to relate to the pitching staff.

Varsity - Top row: Coach Dave Colcombe, J.J. Fraizer, Jeff Hootselle, Shane Stitts, Sonny Moss, Jeff Vandesand, Bobby Courtmage, Coach Steve Webb
Middle row: Vince Natale, Collin Callahan, Mike Wolter, Brian Able, Gary Blake, Brian Stone, Ben Jones, Matt Yoh-ey, Matt Murphy
Bottom row: Chris St. Jean, Katie Nieves, Jim Slice



Junior Varsity - Top row: Corey Fitzgerald, Alex Ortiz, Ethan Kent, Chris Chritchfield, John Walhala, Mike Beall, Scott Furbee, Adam Faltinowski
Middle row: Danielle Denault, Terry Johnson, Nick Dovel, David Bann, Andy Blake, Tommy McGrath, Justin Kane, Jason Young, Robbie Gaskins, Christian Patterson
Bottom row: Adam Wagner, Sean Rannella, Sean Nieves, Ian Flynn, Brian Bann



During a track meet, Mike Koontz passes the baton off to Paul Bielowicz. Relay events stressed the importance about working together as a team.



Jumping over a hurdle, Morira John-Williams breathes a sigh of relief before jumping the next hurdle. Hurdle events combined jumping ability with speed to make the course more than just a little bit challenging.

“Harder, faster, and higher.”

- Debbie DeHarde



Bottom Row: Leslie Latimore, Sue Vongphakay, Chris Clayton, Rich Jefferson, Doug Haynesworth, Kevin Swinton, Myla Spencer, Michelle Spencer, Punna Khanna
 Middle Row: Tom Sanchez, Angie Yeboah, Steph Truax, Azure Rae, Tia Meeks, Moira John-Williams, Monica Chase, Katreese Green, Lori Becker, Nora Bates, Heerae Khanna
 Top Row: Scott Keith, Paul Patterson, Matt Burton, Scott Calhoun, LaShawn Rankin, O'Neill Paterson, Marty Armentrout, Adam Faltinoski, O.J. Webb, Tonya Rumble, Moti Khanna, Coach Mike Eye

“Train together,
 compete alone.”

- Scott Keith

All For One and One For All

They compete together as a team, but they are out there by themselves. Who are these people? The Track Team. At each meet, the track team traveled together but once they hit the track and the field, it was every member for themselves. “The cool thing about track is that you are a team but everybody has to compete for himself/herself,” said Scott Keith.

The track team, like any other team, spent many long hours of practice together. They

helped each other by timing each other and encouraging each other to run a little faster, and throw or jump a bit farther. “Even though we compete by ourselves, the rest of the team is always out there cheering and supporting us,” said Debbie Deharde.

Together as a team they won many meets and sent some athletes to state level competitions. Doug Haynesworth proved how good he was when he placed second in the state competition. He then traveled to Syracuse, New

York for national level competition. Despite a snow delay, he finally got to race and placed second. Doug was narrowly defeated by the same man in both races. Besides Doug, Lashawn Rankin also went to state competition and placed well. The track team may not participate together at the same time. They may not be out on the field together at the same time, but they have proven that they are more than just a team. - Kari McCarley-



Practicing a long jump, Myla Spencer makes it without any hesitation. Jumpers realized that they needed to practice long hours to perfect the event.



With concentration written all over his face, Billie Jones prepares to throw the discus. Concentration is important in keeping athletes focused on their event.



Top Row: Jenny Greene, Becky Dowell, Vicki Allen, Karen Andreno, Karen Roy, Courtney Benton, Nora Collins, Coach Gregory

2nd Row: Tracey Dent, Melissa Fisher, Susan Sowala, Rachelle Blake, Meghan Kent

Bottom Row: Chrissy Yesko, Angie Griffin



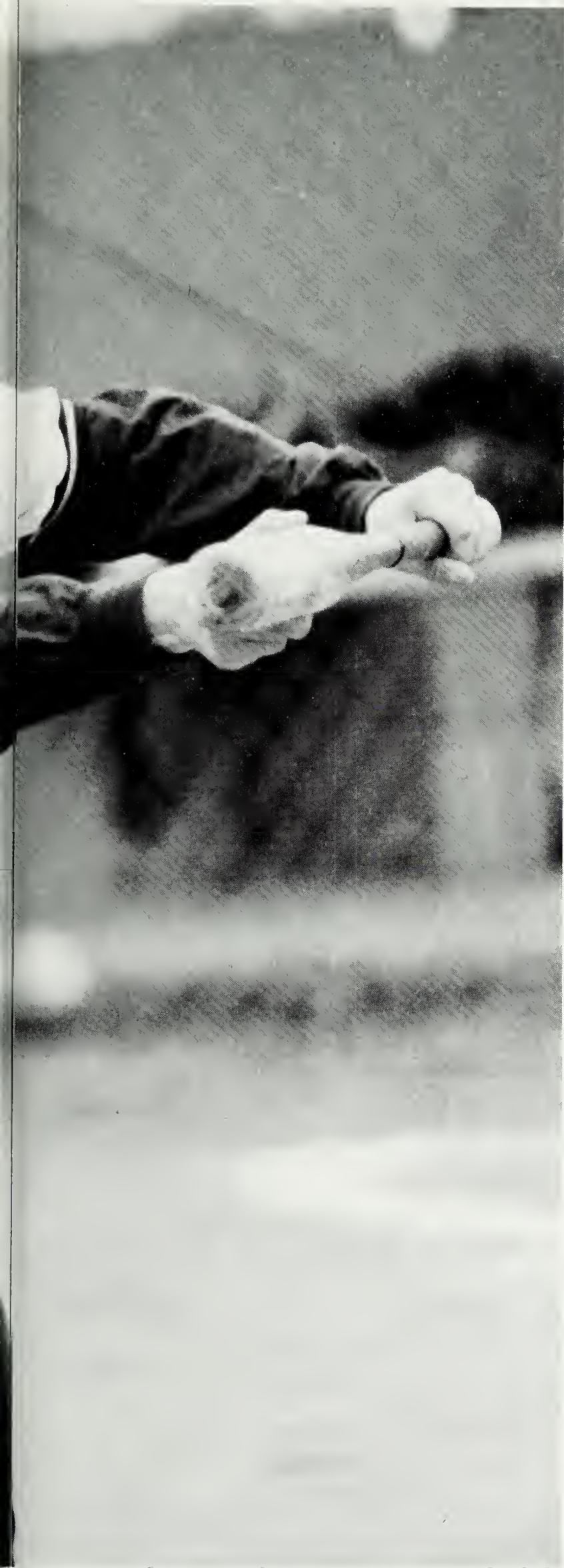
Top Row: Emily Santiago, Theresa Weitzel, Scarlett Meyer, Demaris Torres, Niesha Speights, Pam Austin, Coach Comer

2nd Row: Julie DeSena, Eunjee Sablan, Priscilla Rich, Tabitha Fincham, Anquetta Blount

Bottom Row: Dejonaba Newby, Shawnte Morris, Beth Henson



Chrissy Yesko demonstrates how to blow bubbles and bunt the ball at the same time. Chewing gum or eating sunflower seeds often helped to relax players during the game.



Let's Play Ball!

Victory builds pride and losing builds character.

Softball, like any other sport, requires cooperation, dedication, and hard work. The returning members knew that, but many of the rookies weren't prepared for what the season had in store for them. "Softball was a lot of hard work, we had to practice after school everyday, even in the rain, but I think the hardest part was when we scrimmaged the varsity players," said Pricilla Rich. It started out like any other sport, with grueling tryouts and long

speeches from the coaches. When the teams were finally chosen, the members knew that their efforts had payed off.

The varsity team had lost many of their key players after graduation last year and there were only two seniors left on the team, but coach Sharon Gregory improvised by moving many girls up from last year's J.V. squad and also adding three new freshman to the team. This year the J.V. softball team started out from scratch. All of the members were new

and most of them had limited experience. Their coach Mr. Irv Comer was new to Potomac as well as to the J.V. team this year. Despite losing players due to health problems, injuries, and ineligibility both teams worked harder than ever to do their best. "As the saying goes, it doesn't matter whether you win or lose, it's how well you play the game. And all of the girls played exceptionally well," said Coach Irv Comer. --Theresa Weitzel--

Becky Dowell slides into third base after stealing off of second. Proper sliding was one of the necessary know-hows of playing softball.

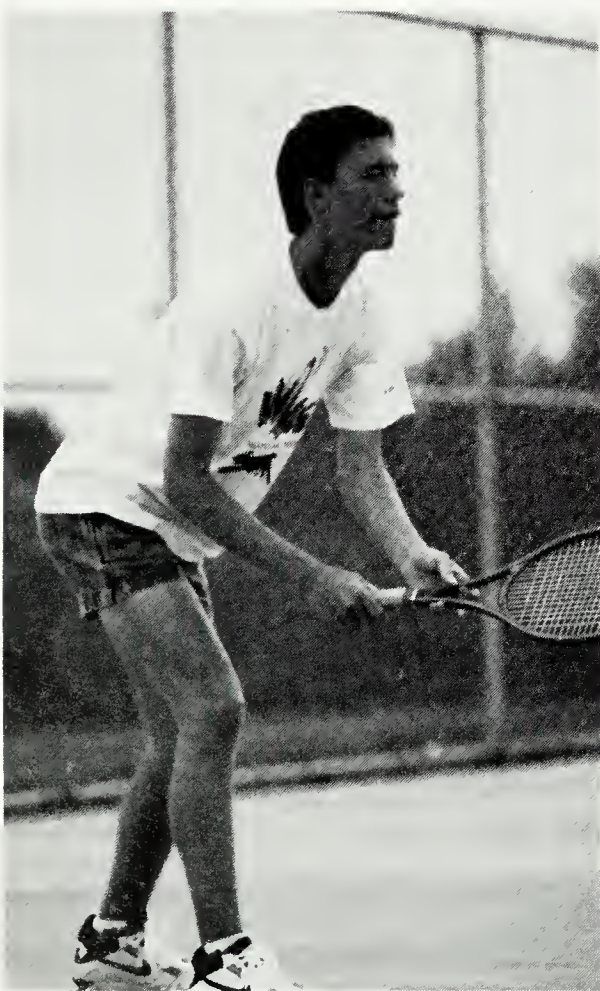
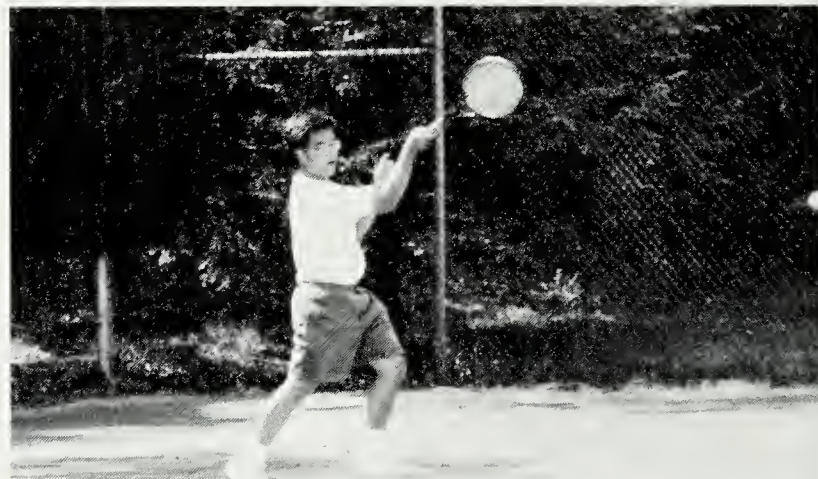




Smashing a forehand with perfect form, Chris Taylor shows why he is a number one seed.

Tennis team hopeful Kevin Mead rides home to get ready for practice.

Rossi Borneo returns a volley during practice. Players practiced together, hours on end, to prepare for their matches.



Paul Hurlocker awaits an incoming serve. Paul's court sense helped him to contribute to the team's success record.

Tennis Anyone?

This year's Boys Tennis team was in the words of some - awesome! When new stars like Chris Taylor and Matt Kurylo joined with seasoned players such as Sean Burns and Jason Erie on the courts, who could lose? Coach Lewis Blount encouraged the team to push hard and play smart. The sweat, strain, and determination the team showed him in practice was quickly transformed into game winning finesse during competition. The players gave their opponents everything they had. When things got real tough during their singles or doubles matches, teammates rallied on the sidelines to help them find

that little bit extra that makes a winner a true winner. The team's hard work paid off. Their reward was a first place finish in district competition.

Throughout the year, many of the players spent extra hours practicing together at the Montclair Country Club. Many of them grew up playing together, along with players from other schools. Number one seed Chris Taylor has been playing since middle school, as have others like Sean Burns, Paul Hurlocker, and Jason Erie. This shared tennis experience was a key factor in the team's cohesion, playing skill, and achievements. — Scott Gordon



Concentration and composure are important in tennis. Walter Smith epitomizes both in his game.

"I've spent the off season practicing and working out. I'm sure I'll be ready for the upcoming season."
- Chris Taylor



A number one seed during the '93 season, Sean Burns plays with power and precision. Sean went on to play in the district tournament.



Head band and all, Jason Erié was a force to be reckoned with on the court.

Front Row: Rossi Borneo, Jason Erié, George Hummel, David Agresto, Lucien Modesto, Coaching Assistant Carrie Taylor Back Row: Chris Taylor, Mike Burns, Matt Kurylo, Tom Kurylo, Sean Vunder, Coach Lewis Blount, Mike O'Brien

Clubs

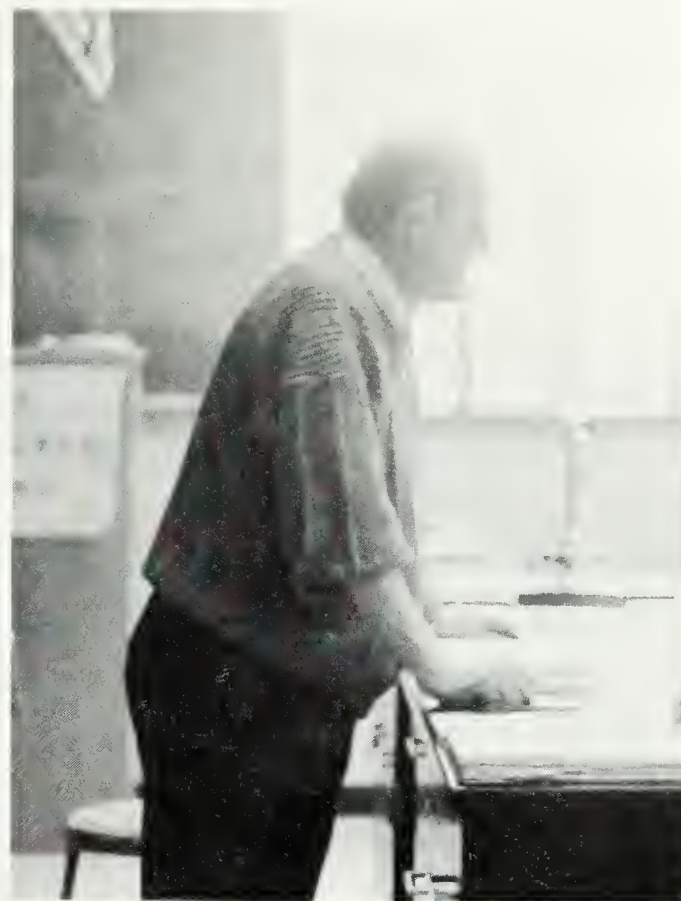


Science Fair entrant Jessica Wangner works on some finishing touches for her project. All fair participants were serious about the impact and quality of their work.

Cindy Barrett and partners key up for a stellar performance. Combining different vocal ranges enable the group to create a beautiful harmony in their song.

Vernitra Thomas and Dean Smith find working together a smart way to finish their assignment for the Literary Magazine.





Physicist Bill Moreland, who is the Key Club Moderator, makes a point during class. Potomac's faculty and staff give freely of their time to guide students in meeting their club goals.



Key Club members collect toys for needy children at Christmas time. Their reward - a lot of unseen but happy faces on a cold December morning.

VICA members sit, kneel or stand still for a rare group photo. VICA members are always busy completing one task or another.



Junior Civitans make an ARC Halloween Dance a memorable event for a group of special needs children. Potomac students enjoy helping others and learn a great deal from it.

SCA members meet to formulate recommendations to help keep Potomac a fun and safe place to learn. During these meetings, there can be a lot of give and take on what is a "good" idea.

Swim Club

A lot of Splishin' and a bit of Splashin'

Short on experience, the Potomac swimmers finished their second season on a fast moving and upward swing, due to long hours of training and a lot of personal commitment. Many members began to think of the Dale City Recreation Center as their second home after the huge amount of time they spent there practicing their starting dives, specialty

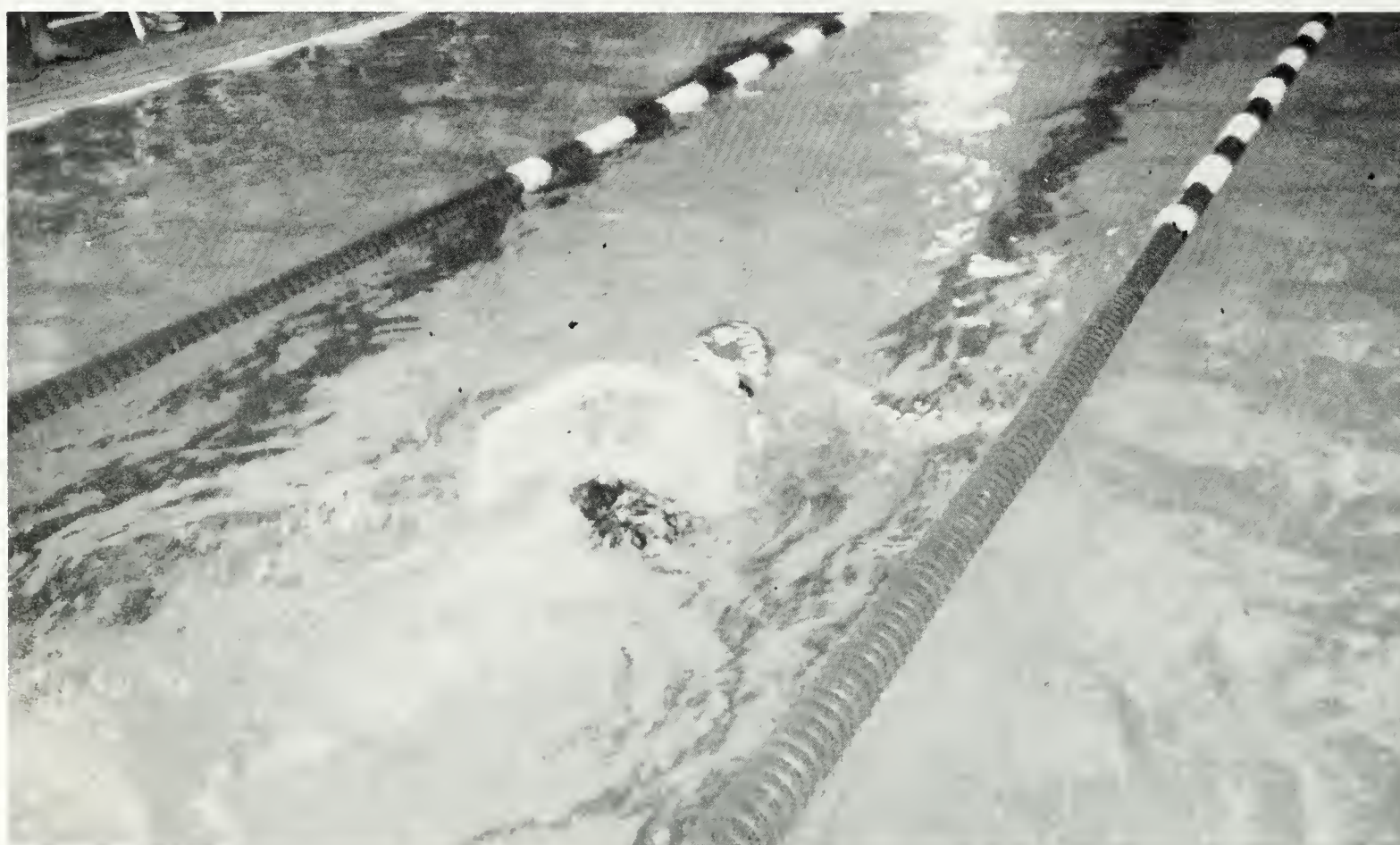
strokes and racking up laps in the pool.

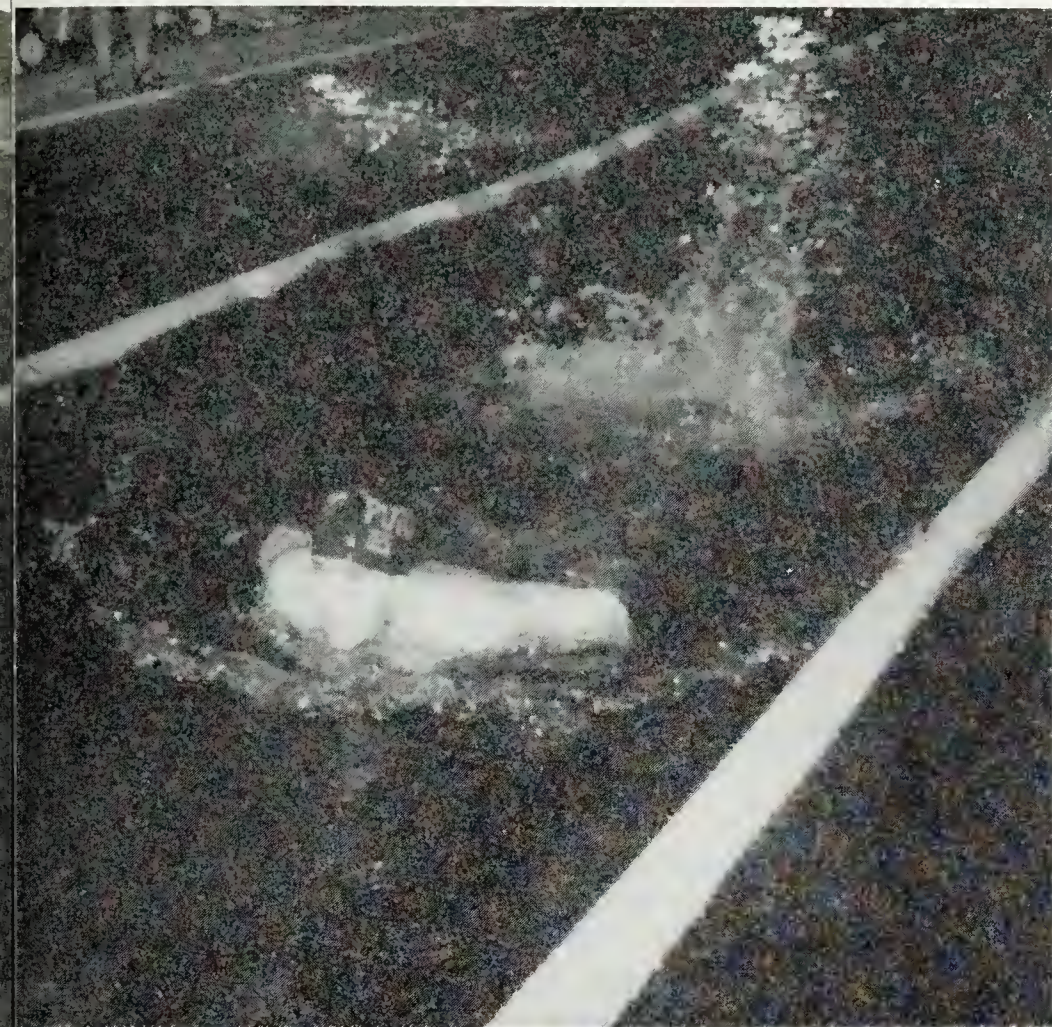
While most of the swimmers specialized in one or two events, they are required to be ready to do them all. Many commented that they enjoyed the change of pace during practices and believed that practicing all the strokes helped them improve their main event. The team placed in the top ten at the district

competition hosted by the Chinn Aquatic and Fitness Center this year and has set its sights a much higher ranking next season. Most of the swimmers prefer the larger swim meets over "duals" because they believe the increased level of competition actually makes them work better in their event. -- Heather Bumler

Bottom Row: Ellen Prespare, Kristen Patterson, Jackie Christian, Elizabeth Kell, Ashley Model, Heather Bumler, Jessica Wangner, Middle Row: Jennifer Henderson, Brian Letendre, Dave Caramanica, Brian Leavitt, Jack McGovern, Mike Costa, Top Row: Jennifer Stewart, Matt Boyd, Chris Malter, Jason Heatwole, Rob Thayer, Vincent Villanueva, and Coach Bob Hannan. Camera Shy - Eli Keys.

Doing the five hundred yard free style event takes a lot out of any swimmer. Breathing techniques such as the one used by this Panther are as important as his stroke and kick in earning a winning time.





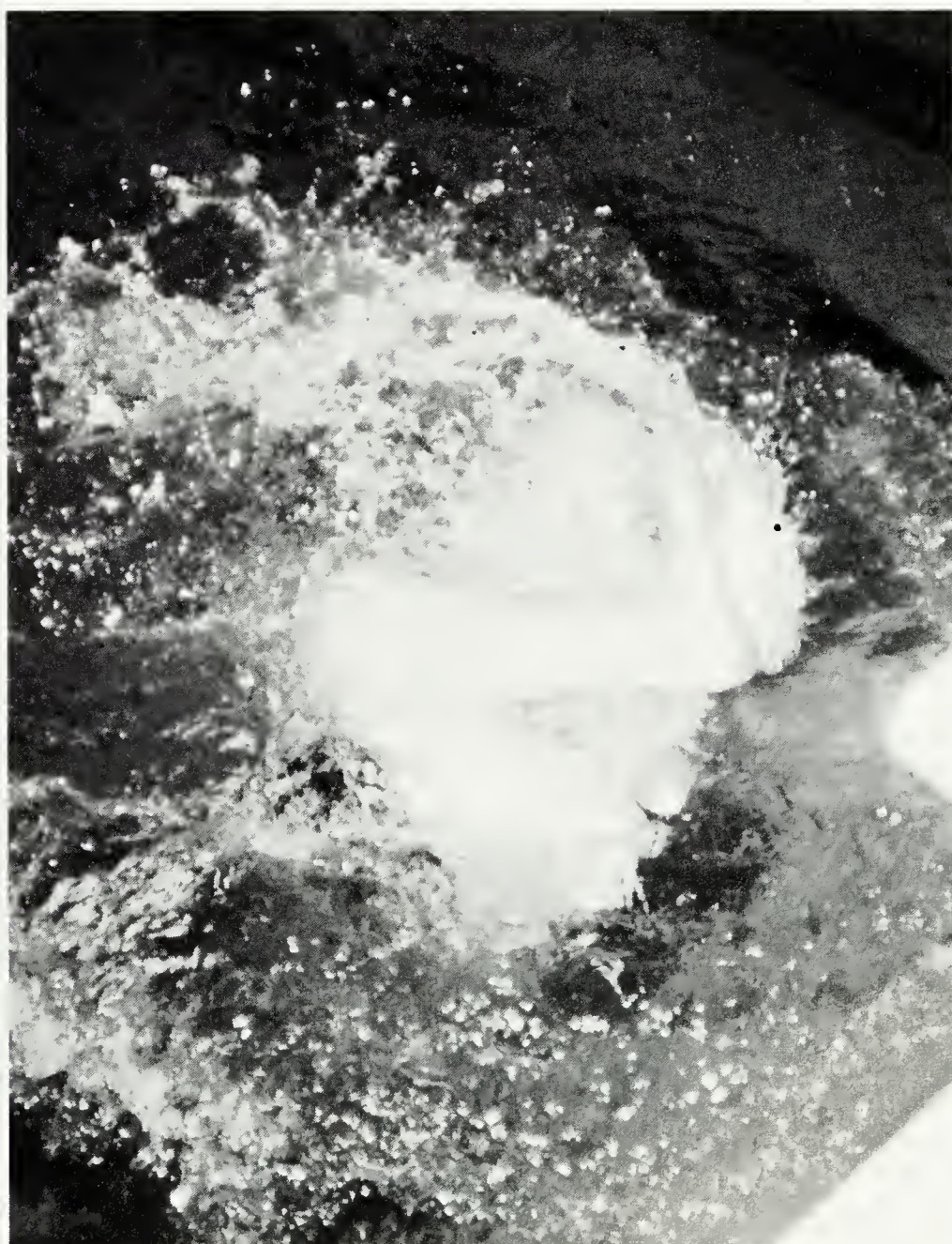
Dave Caramanica swims the Butterfly at the King George meet. Doing the Butterfly is demanding because it requires a great deal of coordination.

Its supposed to look easy and graceful! However, ask any PSHS backstroker and you will hear a variety of thoughts on the event. Some find backstroking to be fun, some stay with it because its an outright personal challenge.



BEEP! Ashley Model starts her race with a first class dive. Team members worked hard on their dives to gives themselves a pshycological edge and a few extra inches/feet advantage during a race.

No! Eli hasn't fallen into the pool backwards. He's completing a well executed flip turn during a five hundred meter race. Good turns often spelled the difference between winning and placing in a swim meet.



"Power Ten" Rowing

Crew is nearly a year round sport with fall practice, winter conditioning and spring competition. Team members quickly learn that about the only things that will keep them off the water are lightning, a frozen river or the coach's desire to make them run hills to build up their leg power. Moving a sixty foot shell (boat) loaded with nine people (eight rowers and a coxswain) over a 1500 meter race course with style and speed is no easy task. Everyone has to work together. Coach Steve Stepanick believes that crew is the "ultimate in team sports.

Everyone must row together, so they must be mentally and physically in sync with each other." There are no timeouts during a race! Senior, Jeanie Cassidy believes the hours of hard practice and weekend meets are a cheap price to pay for "making freinds, learning responsibility/time management and having fun." -- Eva Catedral

" There is something great about watching the crews move their boats away from the docks into the mist during an early Saturday morning practice." -- Club Sponsor



Charles Scott shows the strain of fighting the current on the Occoquan River.



Raymond Harris and pals take a break. Crew teams quickly learned to rest up between heats at day long meets.



Men's eight on the way home from a hard practice.

Coxswain Tim Singstock calls on the team for a bit more effort in a close race. Coxswains were chosen for their ability to "project" their voices and race sense.



Front Row: Jeanie Cassidy, Mandy Lake, Jenna McGuire, Stacy Bradshaw, Kirstin Heffner Second Row: Jason Stadie, Micah Sauntry, Tim Singstock, Susan Walcroft, Miranda Johnson, Glenn Macinlay Third Row: Gaiton Garcia, Kieth Browing, Eric Ambler, Tamara Neidig, Chris Haas, Katie Flaherty, Renee Ruffing, Back Row: Charles Scott, Ray Harris, Chris Churchill, Coach Jim Hobbs, Ted Megee, James Smith, Gerald Gardner, Sean Dowling, Coach Steve Stepanick, Jeremiah Sahlberg



The women's four boat, with coxswain, moves out for practice. Crew team members rowed both "fours and eights" to enhance their opportunities to compete.

Jobs: Mo' Money, Mo' Money

Many students need money for various reasons. Jobs after school provide them with extra income for necessities or extravagances. Students work in many places ranging from babysitting to McDonalds. The amount of hard work put into a job is always rewarded with a nice big paycheck. For some, getting greasy and smelly, while manning the trenches of a minimum wage paying job, is not a

pleasurable experience. Yes, the hope is to have a higher paying job, but for most it is a reality check. The average student usually will find themselves frying fish fillets and serving them to some over-sized woman in lycra stretch pants, jamming to the tune on her headphones sitting on her jelled and sprayed hair. Nevertheless, if you want that car, those platform shoes, or a pet rattlesnake you need the dough.

Working for Peace Frogs, Eva Catedral bypassed the grease pits of Burger World to excel in a field she loves, fashion merchandising. "Having an after school job gives you an idea of what the real world is like. Even if it's selling frog apparel to grumpy, worn out shoppers," remarks Eva. Alas, the truth be known all the grumpy workers grab their money and blow it on Peace Frog apparel. - Scott Gordon and Eva Catedral



Christen Wheeler burns the midnight oil at Ruby Tuesday's. Jobs like this offer flexible hours, which enable students to enjoy other activities.



Senior Jen Ghisolfi scoops up the ice cream at least 2 to 3 times a day. Who screams for ice cream!! Try the yogurt it has less fat and calories.

"The best thing about babysitting is playing with the toys and not feeling embarrassed. I also like all the free pop tarts and oatmeal." - Scott Gordon





Senior Jose Flores rings up a customer at one of the mall's fast food places. As a full time student and assistant manager, Jose manages to keep his grades up and still serve a mean batch of fries.

As a co-op student, Pamela Smith works in sales at Armani Exchange. Many students took advantage of the co-op program as a way to leave early for work, and yet still receive credit.



Stacking boxes at her job kept Mercedes Ortiz busy. A few jobs required height to make performing these duties easier.

Folding clothes is not an easy task. As a fashion merchandising student, Eva Cathedral knows not all merchandising activities are "glamorous."

Listening intently as Jeanie Cassidy and Moira John-Williams discuss counseling techniques, Shavonta Green takes mental notes.



"Everyone can hear, but not everyone can listen like the peer counselors." -- Moira John-Williams

After settling a problem, Moira John-Williams and Jeanie Cassidy shake hands to show support for one another and the program.

One of the counselors, Jenna McGuire, helps a fellow student work out his problem.

Tabitha Fincham, Cynthia Dinsmore, and April Palmer discuss a problem among themselves. Some people found it easy to talk to their friends, but others needed the objectivity of a peer counselor.



Peer Counseling Help When You Need It



Nathan Russell takes note on a certain situation, which Shivaulie Singh presents to him. Peer counselors had to have the ability to listen, understand, and of course a little training.

When in need of help or guidance where do you go? To peer counselors. Peer counseling is an organization which provides services for new students and for people's personal problems. "The purpose of counseling is to help others," explained LaTrease Green. The counselors also provide a positive influence which is a help to the guidance counselors and provides for better communications between students.

Why should peers counsel peers? Sometimes students prefer to talk to others their own age instead of their

school counselors. With proper training peer counselors increase the probability that students will receive appropriate help for their problems.

"It helps to know that I can help someone else," volunteered Jeanie Cassidy. She also added, It is a good feeling to see someone you have worked with go through the year and change."

How can you use peer counselors? If you are concerned about a particular student, a friend, or you yourself have a personal problem and think that peer counseling would be beneficial contact the advisor, Mrs. McCabe. This year's peer

counselors were: Jeanie Cassidy, LaTrease Green, Shavonta Green, Moira John-Williams, Michelle Leckner, and Jenna McGuire.

Even though peer counselors hear student's problems they cannot give advice, they can only listen and give guidance. "I enjoy the opportunity to help people and be there for someone to talk to," added Moira John-Williams.

The results can be healthier students who are aware of positive alternatives for coping with daily stress. -- Shannon Stanley, Stefanie Hall



The Black History Club

A Club For Everyone

Many people feel that African-Americans do not get the recognition they have earned. When some people hear the name Black History Club, they feel a sense of segregation, as if there were a physical barrier between students of different cultural backgrounds. However, the club was established to promote free association between students of all backgrounds. As Mrs. Phyliss Hollis and others say "Anyone who wants to get familiar with the African-American culture and share their's with us is welcome to join."

The Black History club provides students with knowledge of a culture that is often overlooked in history books and

identifies the many contributions of African-Americans to the world in general and specifically to the American way of life. It also enables many African-American students to become more familiar with their heritage.

Mrs. Hollis, who has lived through the hardships and unfairness of racial inequity, encourages students to go as far as possible. "Our people have worked hard to get us to the point at which we now stand," said Mrs. Hollis. Her main concern is that all students, regardless of heritage, understand the importance of a well rounded education and use it for the benefit of all.

The members of the club are actively involved in community

service activities, such as fund raisers to provide food and gifts to needy families during the holidays. They also sponsor events that are fun and educational like the: "Step" Show, the school fashion show, and a Kwanzaa celebration.

Participating in school events is also important to the club. For Homecoming this year, the club made a float celebrating the Bicentennial of the United States. As Latasha Johnson states, "A lot of people think that the 70's was just about disco days. We wanted to stand out and show that there was more going on back then." The Black History Club's float was well received. -Kim Fincham



The members of the Black History Club ham it up in a group picture during a trip they took to the Inner Harbor in Baltimore. Trips such as these helped to build unity in the club.

Tony Johnson, Stacey Simmons, Nancie Croom, and Marlon Ringo, enjoy riding the Bicentennial float and smile at the approving crowd. The club worked many hours to make a float that would compliment the events of Homecoming.

Latasha Johnson completes the traditional candle lighting ceremony for the Kwanzaa celebration. Kwanzaa, which is a traditional African celebration of the harvest, provided an excellent opportunity for many African-American students to explore their heritage.



"If people are insecure within themselves, they are unable to accept others as equals."

--Phyllis Hollis



Dawn Bellamy, Marsha Johnson, Pam Slater, Dora Brown, and Shaunta Frazier are lining up to view an exhibit at Inner Harbor. The club members benefited from this learning trip and social interaction.

Matt Lee-Torres speaks to club members and guests about the historical importance of the Kwanzaa celebration. Other club members presented explanations of the seven principles (Nguzo Saba) on which Kwanzaa is based. They include unity, self determination, collective work, responsibility, cooperatives economics, purpose, creativity and faith.

DREAMS

Hold fast to Dreams
For if Dreams die
Life is a Broken winged bird
That cannot fly.

Hold fast to Dreams
For when dreams go
Life is a barren field
Frozen with snow.

by: Langston Hughes



Oh!! Who Should We Vote For?

The election was a time for the students to voice their opinion on how the school should be run and who would be the best person to do it. On May 8th, students listened to the candidates. The candidates presented speeches on how they would act to make the school better. Each candidate had a cheering crowd, when Tomika Anderson finished her speech, her friends and supporters stood up and cheered. "I think Tominka has a lot of strong qualities that would make her a good leader," said Jennifer Jarvis. When Jack McGovern finished his speech, his section of supporters chanted, "Jack". "Jack is a good guy and he'll get the job

done," said Scott Gordon. The other elections were for the entire school, not just for the

“I’m voting for the candidate who will fulfill my needs and the school’s needs. It is not a popularity contest. It is what is best for Potomac.”

— Brenda Kitchen

classes. Chris Crowder won the election to be SCA President and again he used the tape that

played "Chris Crowder." "I like the tape only because it makes you remember his name; it sticks in your mind," said Jeanie Cassidy. Each candidate had his or her own way of trying to get people to vote for them. "I like the posters, they really liven up the school," said Emily Jaraback. The elections gave students an opportunity to say what they wanted and select the individuals they thought would meet their needs. Deciding who was the best person to do the job was a hard decision for most students. They weighed each candidate's words and promises carefully to help them pick the best candidate possible.--Kris Applegate



Chris Crowder convinces Jimmy Green to vote for him. Speaking to the students and getting them to vote for the different candidates was a tiring, tedious, hard, and critical part of the class and SCA election campaigns.

Chris Wakefield stands to attention as his biography is read. Candidates who were not running for President or Vice President had a summary of background read to the student voters to save time for other candidates.



Quincy Jones, Shameka Soares, Kenny Johnson, Shavonta Green, Gina Lester, and Wendy Hornback talk to each other to ease their tension concerning the elections.

Jack McGovern speaks to his fellow classmates about his views concerning Potomac. Standing by the podium, student candidates presented their ideas on what was going on and what to expect from them if they were elected to office.



“I think the election is a fun event, where students can get their views open to the public. All the attention is neat, and it helps to relax students during the school year.”
Candace Stevens.

The posters hang up and down the hallways. The students had a chance to view the candidates position on paper. Posters were a part of the techniques students used to persuade voters to support their campaign for election to a student office

National Honor Society

A group of ordinary people who do things uncommonly well is one way to describe the National Honor Society. Membership criteria is tough. Character, commitment to community, good

grades (3.5 GPA or better), a strong sense of honor, and leadership ability are characteristics expected of NHSers. The society's emphasis on academic excellence is balanced with community service requirements

and a strong endorsement of extra curricular involvement. It is not uncommon to see leaders of other school organization listed on NHS rolls. — Wendy Whetzel



Ms. Patricia Emmons, the NHS Moderator, had a lot of fun rounding up society members for this photo. Students who belong to NHS always have some place to be or something to complete on their schedule.

NHS members like Stephanie Shields make the time to maintain their grades and participate in basketball and other activities like the Pantherettes.





Letting off steam during the weekend, Chris Walefield, Kenric Russel, Michelle Coxton, and Pat Dowd try to determine whether or not a cat will decline a dog bone meal.

NSHer Ian Goodman moves between classes. Students used their time in the halls for a quick bit of socializing with their friends and sometimes their teachers.



NHS officers: (l-r) Miranda Johnson, Brian Abell, Michelle Spencer, and Nancy Croom.

Foreign Language Clubs and Honor Societies

Foreign Language Clubs and Honor Societies were great because they allowed students to explore another culture in a relaxed atmosphere. There was no bookwork involved, everything was learned by action.

In each club the members learned about food, art, history, entertainment and the lifestyle of the country. Around Christmas time the clubs got together and had their celebrations. They sang songs native to their countries and learned about the country's holiday customs.

The honor societies were for students

that had a 3.5 or higher foreign language GPA and had at least a 3.0 overall GPA. Each honor society offered its own events and activities. GHS (German Honor Society) worked with the German Club and tutored students. FHS (French Honor Society) socialized together after school and also tutored students. SHS (Spanish Honor Society) would also help students in academic need and they also assisted at the Prince William Concurso de Discurso.

It didn't matter what language you enjoyed the clubs offered a new and fun view of that culture. --Wendy Whetzel

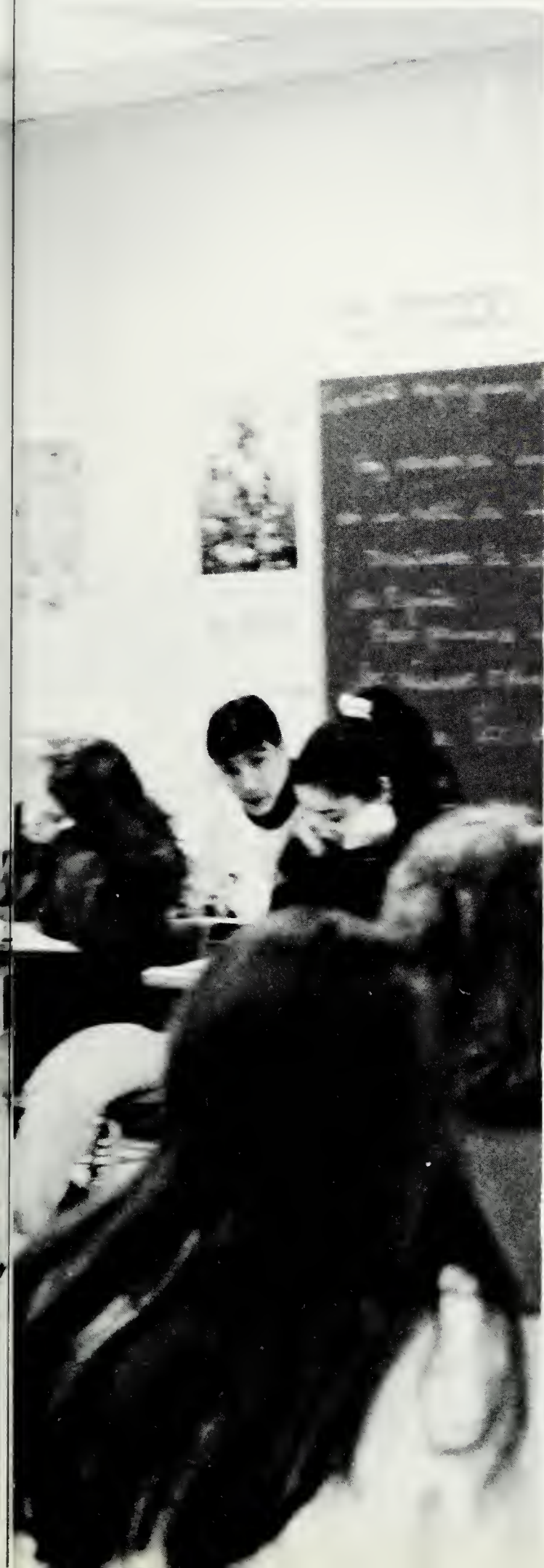
(Top left) Members of the French Club: (First Row) Jeanie Cassidy, Kelly Underwood, Latrease Green, Kelly Dillon. (Second row) Mrs. Gloria Miller, Sarmarra Robinson, Katy Elmore, Jennifer Jarvis, Denisha Price.

(Bottom left) Members of the German Club: Nathan Rasmussen, Mark Brody, Jeniruth Nix, Alexandria Bourcier, Emily Jarbok, Kari Poe, and Kenrick Russell (kneeling).





The Latin Club: (kneeling) Bryan Rumph. (Front Row) Mrs. Natalie Bonshire, Miranda Johnson, Seneca Linder, Amy Bann, Heather Uddell, Carolyn Trexler, Josh Carvalho, Ian Goodman, Yung Lee. (Back Row) Karen Andreno, Pam Slater, Anitra Major, Tonya Brown, Jamie Hinkle, Mark Dudley, Scott Furbee, Matt Boyd, Karen Black.



Students in a Spanish class are listening to a discussion. Students could always get help from the Honor Societies if they needed it.

Chris Lamberton and Amber Jones concentrate on their test. The clubs gave its members more than the academic end, they helped them discover the world.

VICA - Skill Builders

Vocational Industrial Clubs of America or VICA is made up of students from the different vocational classes. This includes Electronics, Construction, Drafting, Printing, and Auto Body. Students take Industrial Arts classes for different reasons. Some enjoy working with their hands as a hobby, while others see this as a career. Sixty members of different Industrial Arts classes belong to VICA. They are hoping to increase and fine tune their skills.

For many of the stu-

dents involved in VICA it is an extension of their classes. The time spent in the club is time spent utilizing skills that will help them in the job market.

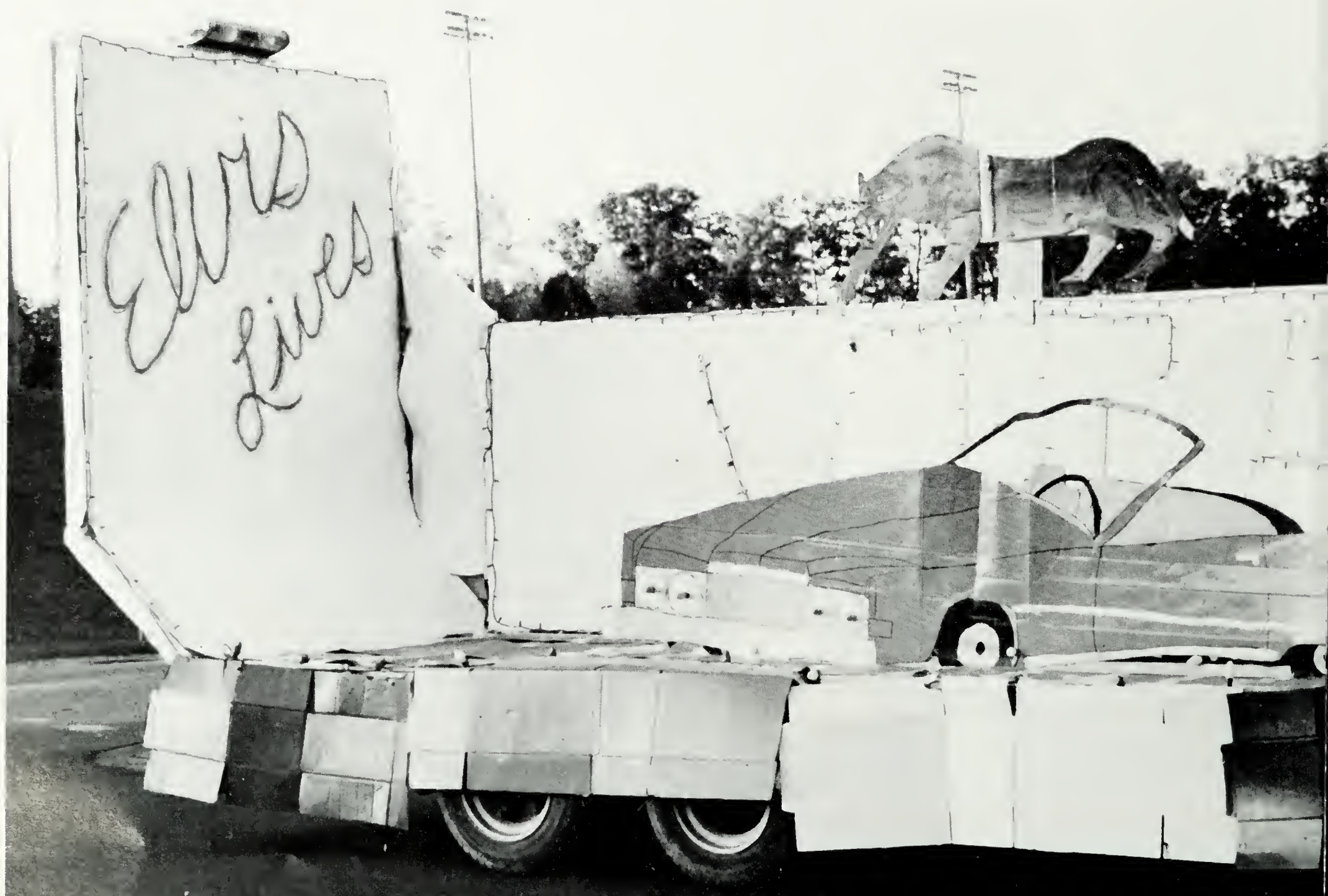
This is not an ordinary club that just meets for a couple of minutes in deep discussion. These students work and gain experience much like that offered in a labor union. The hope is that they will get a realistic understanding of what a job is about in the real world.

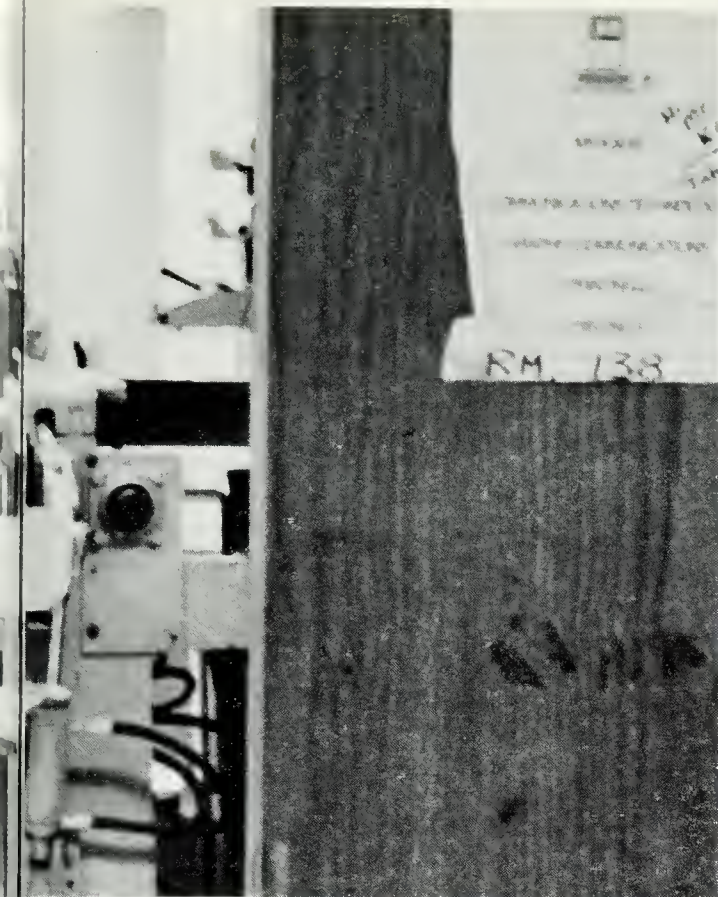
VICA is also more than just work, they also play.

Every year they have a softball game that includes the students and faculty of the school. Of course, there isn't a student in this school who doesn't look forward to what they have to offer as their homecoming float.

All the time and effort that these students put into the club will benefit them in the long run. The VICA members will definitely be marketable, because of the skills they have learned, in a very competitive job market.

-- Wendy Whetzel

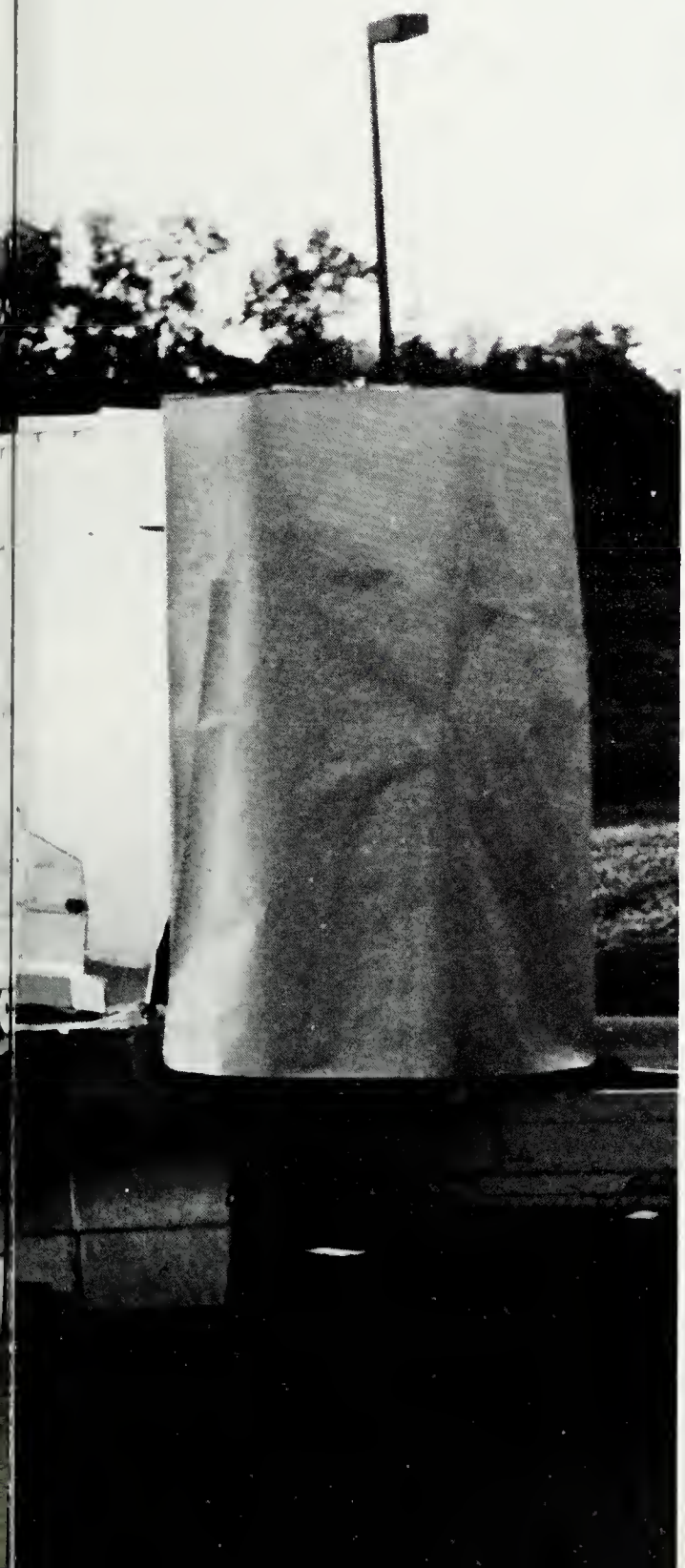




The students in Mr. Chris Kadis' printing class are busy learning the finer points of graphics. Many students in Mr. Kadis' classes found belonging to VICA very beneficial.



Students in Mr. Russ Bowling's class listen very carefully to his explanation of an assignment. Mr. Bowling has been very influential in VICA with his contribution of time and sponsorship of the club.



Yes, *Elvis Lives* in the mind of many VICA members, as expressed in their homecoming float. The members worked many hours to make their float a crowd pleaser.

Tom Bouchard gives a classmate some helpful advice on covering a trouble spot. VICA gave its members a chance to discuss projects, exchange new ideas, and the skills to work together.

Literary Magazine

This year's literary magazine suffered from the loss of many of its most active students. Last year's staff consisted mostly of seniors. Mrs. Bridgette Abler said, "It was hard replacing their talent, but we were fortunate and found new hidden talent."

Yet, they did have Mandy Lake, a returning member, who contributed much to the magazine in writings and time. Jus-

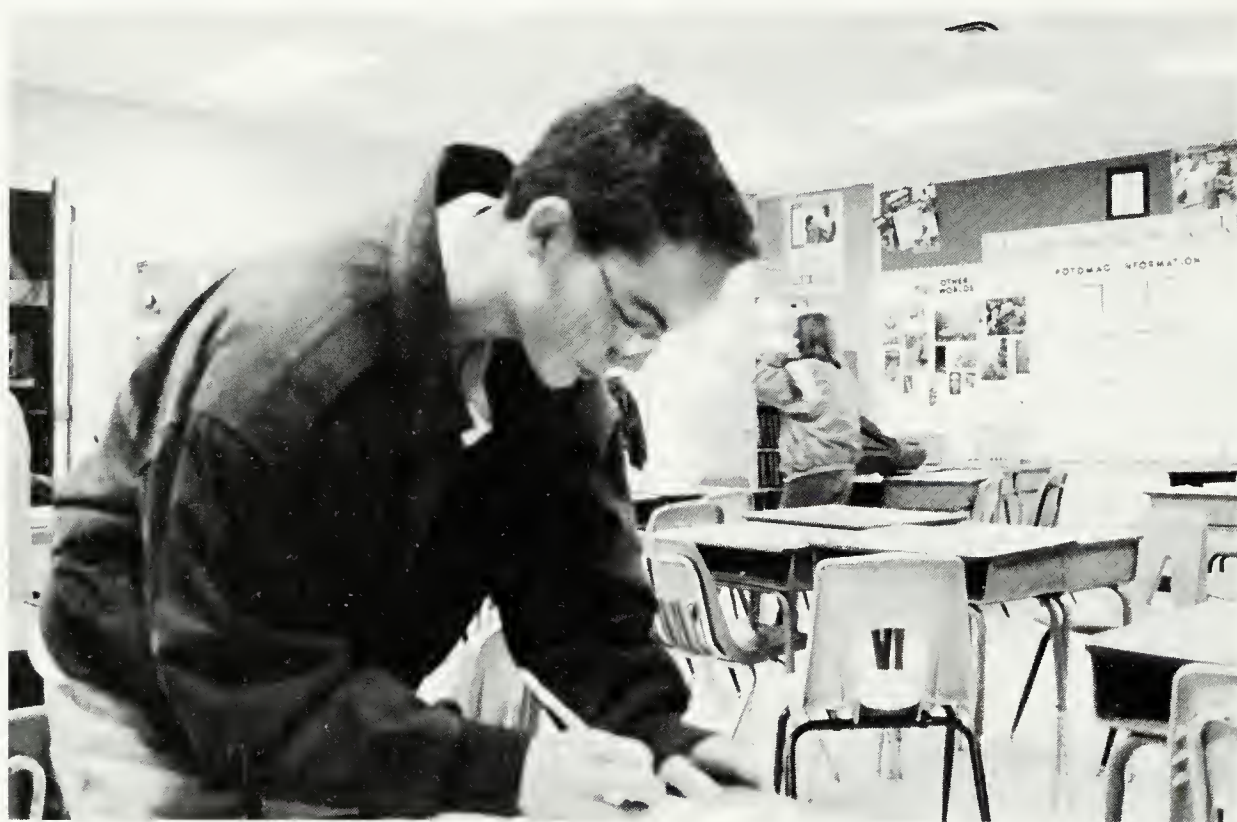
tin Rilon was responsible for creating many of the illustrations.

Mrs. Abler was able to tap the talent in her creative writing class, which is only offered every other year. The students in the class were comprised of mostly underclassmen, so hopefully their interest will remain with the magazine.

Not only writers, but artist also played an important role in the club. "Creative writing is

sometimes a hard thing to come by, but I got lucky and only had to create pictures that resembled the student's work," replied Justin Rilon.

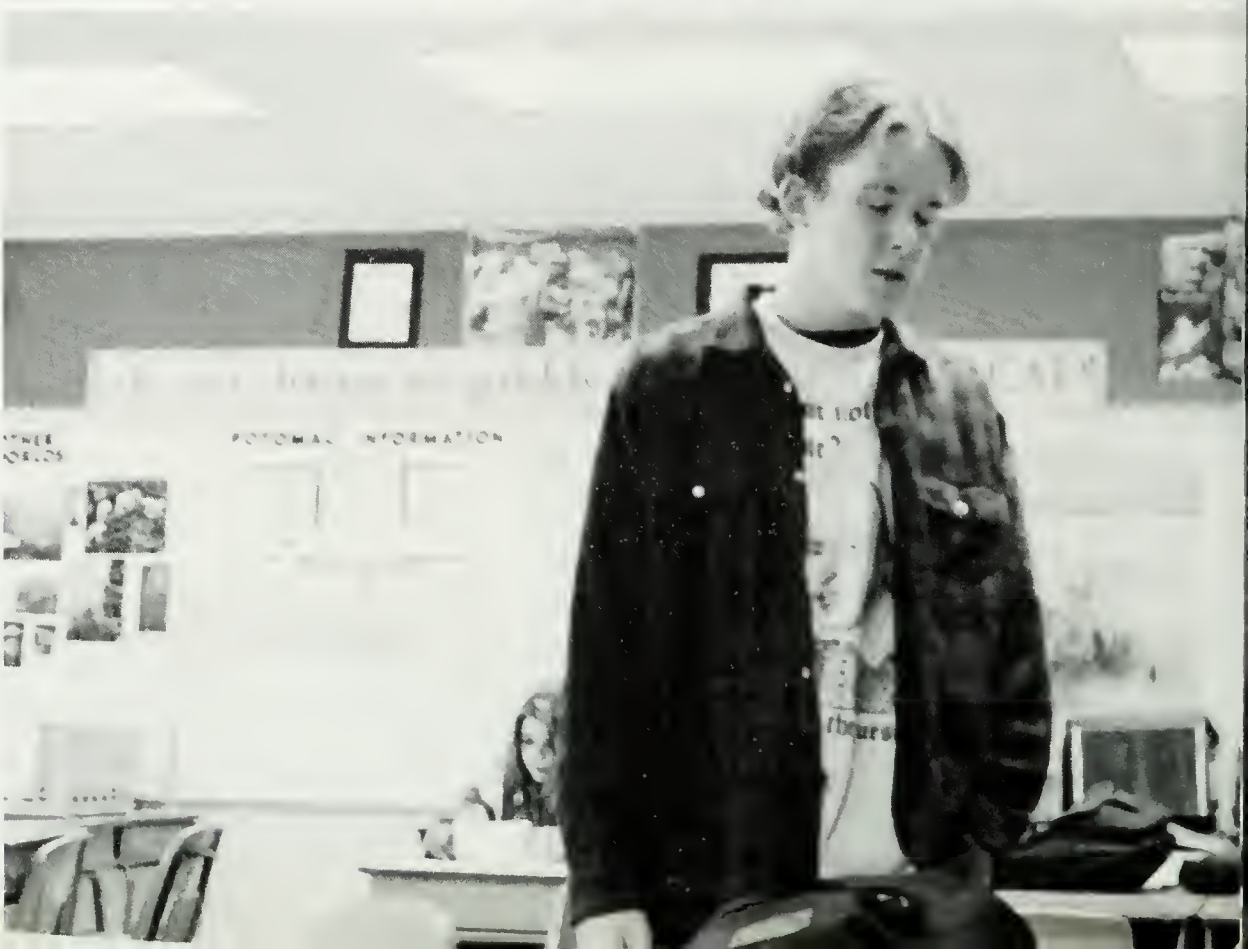
The writings in the Literary Magazine didn't just come from the club or the creative writing class. The magazine often received contributions from other English classes with the teachers approval.-- Helen Hines

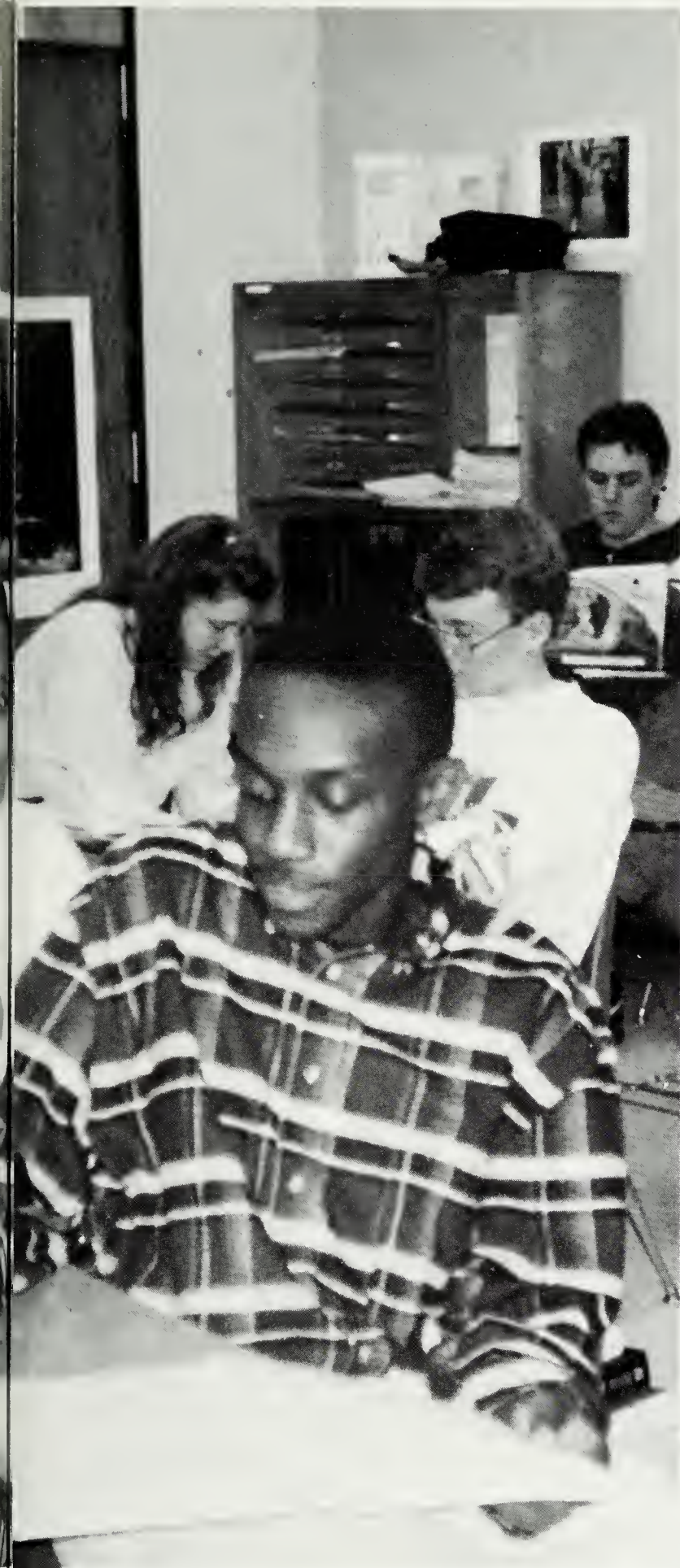


Kevin Chronister writes some literature hoping that it will be submitted for publication in the magazine. English teachers would submit some of the more original pieces for publication.



"The Literary Magazine provides a place for students to show their creativity." --Mandy Lake





The Sister of Snow
 The earth is blanketed in silence.
 Everything white and pure.
 She leaves her angelic print,
 Everywhere she goes.
 The cold wind blows her blond
 curls,
 But she remains warm,
 In layers of motherly love.
 People stop what they are doing
 When she walks by.
 No one can ignore her eyes
 That match the brilliant sky.
 She is strong
 But her heart she can not hide.
 She is the clown with the smile
 To dissolve the hardest soul.
 The sunshine that melts the snow.
 -- Tracy Stauffer

Venitra Thomas and Devin Smith work together to complete new work in creative writing class, with hopes that it will be published in the Literary Magazine. Mrs. Abler used the talented resources in her class to supplement the magazine.

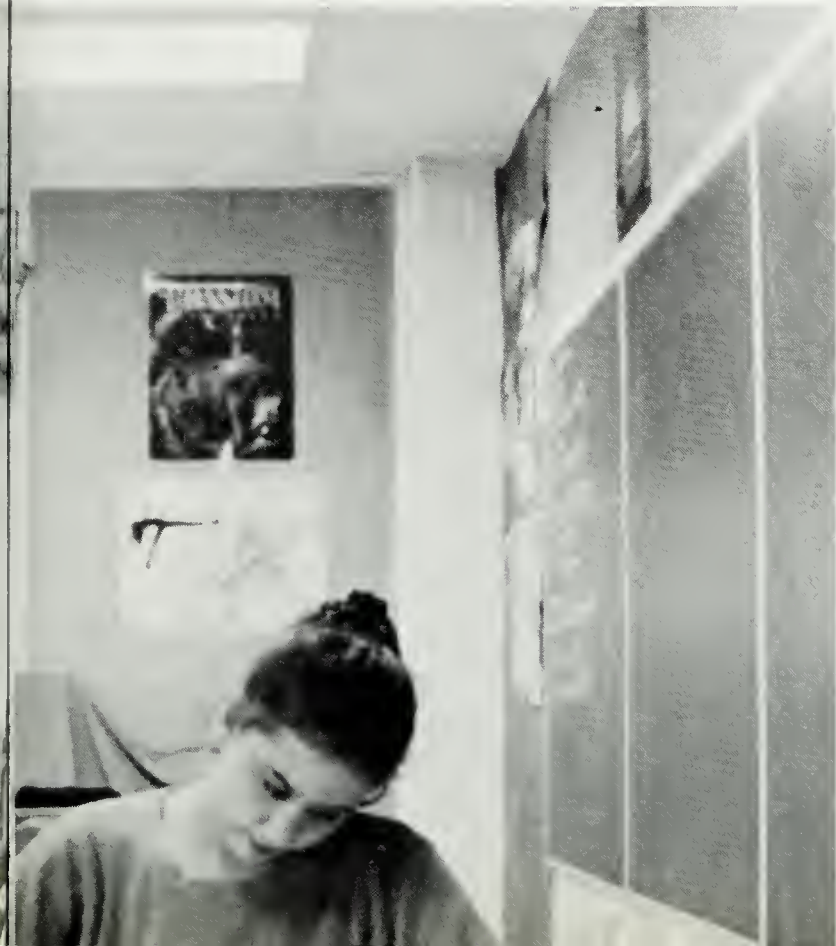
"I love to draw and create different visions. It would be silly for me to decline the opportunities the magazine gives me," -- Justin Rilon

Tracy Stauffer isn't just a talented writer, but an outgoing, spirited Panther, who rarely missed a school event.



Scott Gordon and Stephanie Truax enjoy writing in class. One never knows where the magazine will get its next pool of talent.

Tisha Thompson and Ernest Washington joined creative writing because of their interest in the elective. Little did they know they would be published.

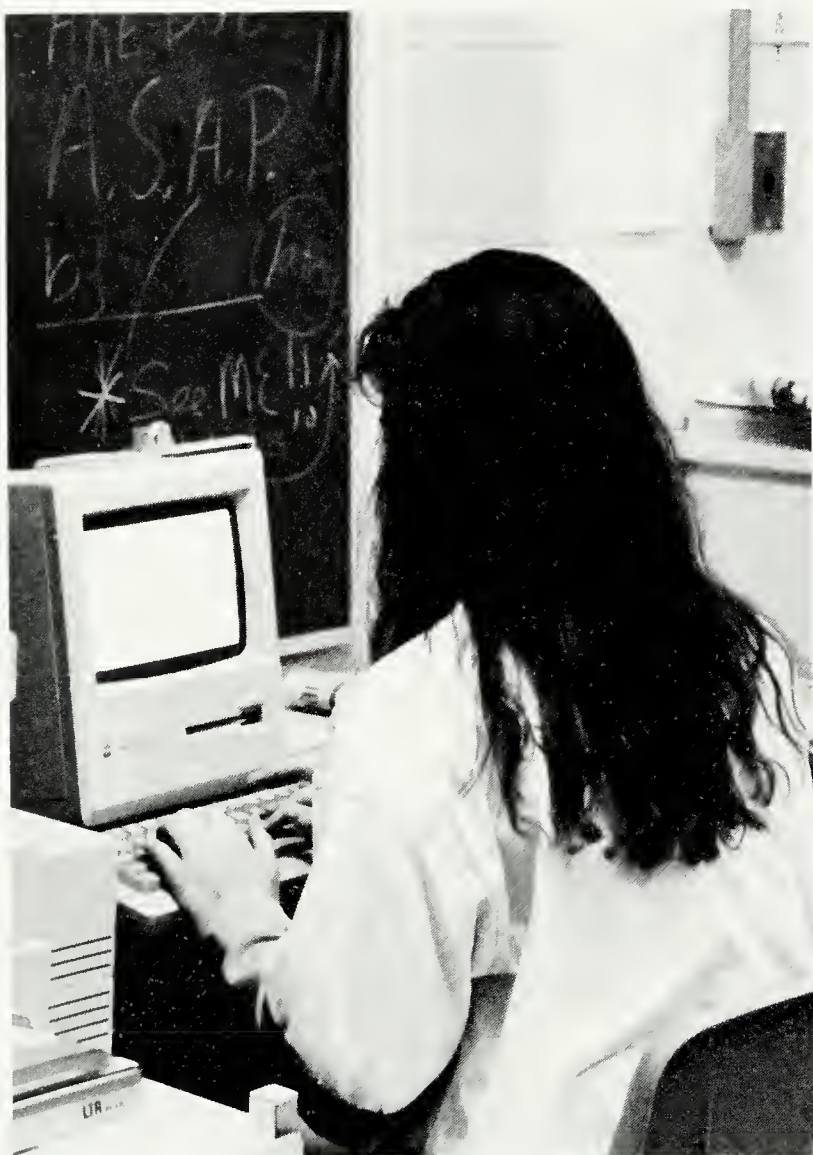


While trying to pull up a file from the computer, John Wahala and Jacelyn Moros wait patiently for the instructions on the next step.



"No self-respecting journalist would ever shy away from a tough story" --Sally Shively

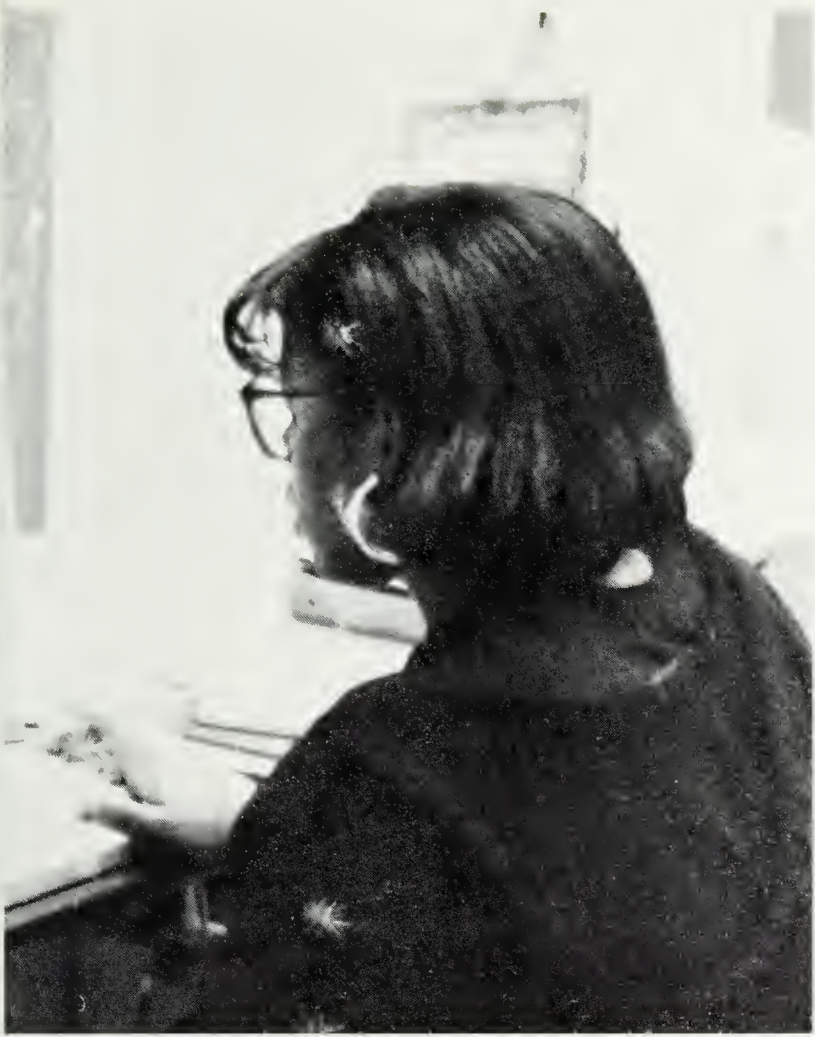
Members of the PHS Class (l-r), Tomika Anderson, Danny Solomon, Derrick Williams, Shannon Stanley, Chris Kwiatkowski, Dorothy Cobbs, Mandy Lake, Bryan Rumph, Jacelyn Moros, and Sally Shively take a break from proofing to smile at the camera.



Business Manager, Mandy Lake, works at the computer making ads for businesses who support PSHS. Mandy's job of watching the dollars and cents side of the paper was as critical as writing a lead story.

Chris Kwiatkowski gives his editorial to advisor Mrs. Sally Shively for final approval. Every article that gets to print goes through several editors for review.





Staff Editor, Tomika Anderson, works on an editorial for the paper. Along with keeping the staff organized and editing the stories of others, the editor is expected to write her own stories.

THE PHS CLASS

"The eyes and ears of Potomac," as advisor Sally Shively describes the school newspaper, more commonly known to students as "The PHS Class."

The newspaper staff consists of 12 students who devote extra time and hard work in order to inform other students of the goings on in and out of school.

Being a member of the PHS Class doesn't just mean showing up for Journalism class everyday. It takes a year of training, extra hours after school and on the weekends, and 100 per-

cent dedication put forth by all.

"It is a lot of work but it's worth it to be able to see a product of all your hard work and time published and enjoyed by other students," said Chris Kwiatkowski. The staff also takes great pride in its ability to present both sides of "sticky" issues.

There are six issues of the paper published each year and with each issue every staff member is required to provide two stories and two ads. The ads help to pay for supplies needed for the paper.

There are extra tasks needed to be done before the paper can be "put to bed" (completed and ready to go to press). There is editing, proofing, and layout. Everyone is expected to contribute to completing these steps since papers would never get published without them.

Finally when the paper has been published and distributed the staff may get a week to relax but before you know it, it is time to begin thinking of story ideas for the next issue, and the entire process starts over again.
-- Shannon Stanley



Students prepare to receive the lollipops they will sell as part of an FBLA/marketing project. These lollipops in assorted flavors were a favorite among the students.



The Student Store, which is managed by Mr. David Carr, is a fun project for all of its participants. Students rely on the store to provide school goods and spirit wear.

"FBLA prepares me for the businesses I plan to pursue," Tabitha Fincham

Charge Into The Future

Take a look into the future... FBLA (Future Business Leaders of America) and FHA (Future Homemakers of America) were both designed to help students learn more about life.

This year, in order to encourage individual projects, FBLA prepared for competition and dressed bears and dolls for the Salvation Army. For group and business projects, they took a bus

trip to New York to visit new enterprises and booming businesses.

Definitely, the goal for FBLA was to show students the many opportunities there were in the business world or as Ms. Patsy Duvall said, "FBLA encourages the business student of today to become the business leader of tomorrow."

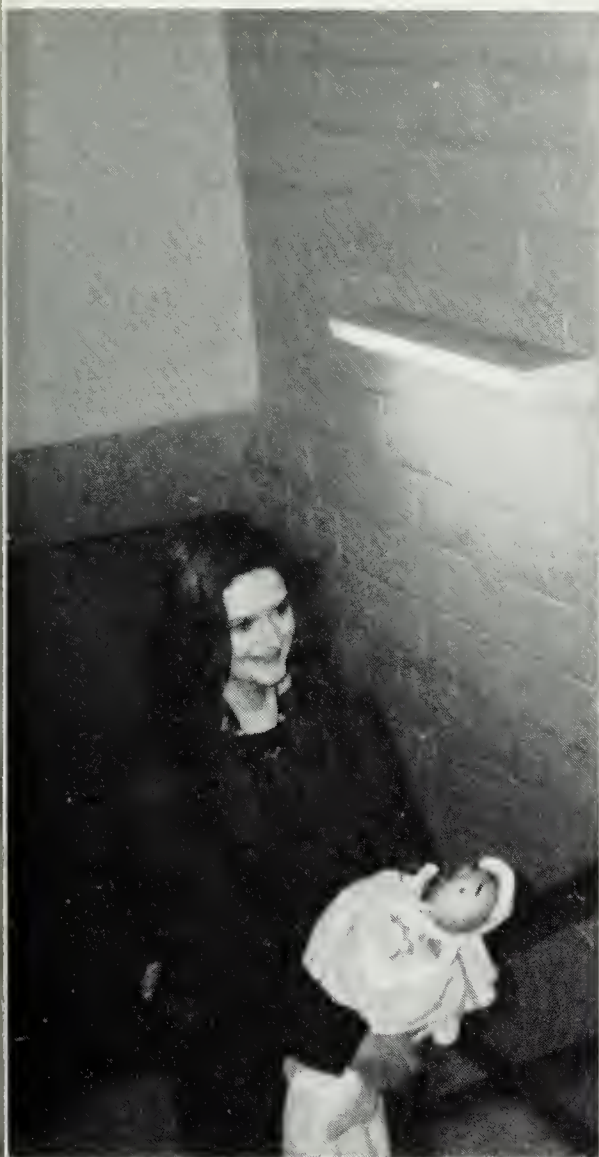
FHA (Future Homemakers of America) may be seen as an old fash-

ioned idea, but that isn't true. Students should learn about home life and its functions and role in the community. They have organized can food drives for the senior citizens and go to elementary schools to help the children.

No matter what, these club members will be well-prepared for what the future holds. --Tommi Woodson

Gina Lester shows off her "baby". The baby project was part of Home Economics class, an area that FHA gets many of its members from.

Jose Flores and Renee Meadows ride in the FBLA car in the Homecoming Parade. Almost all the clubs participated in Homecoming in some manner.



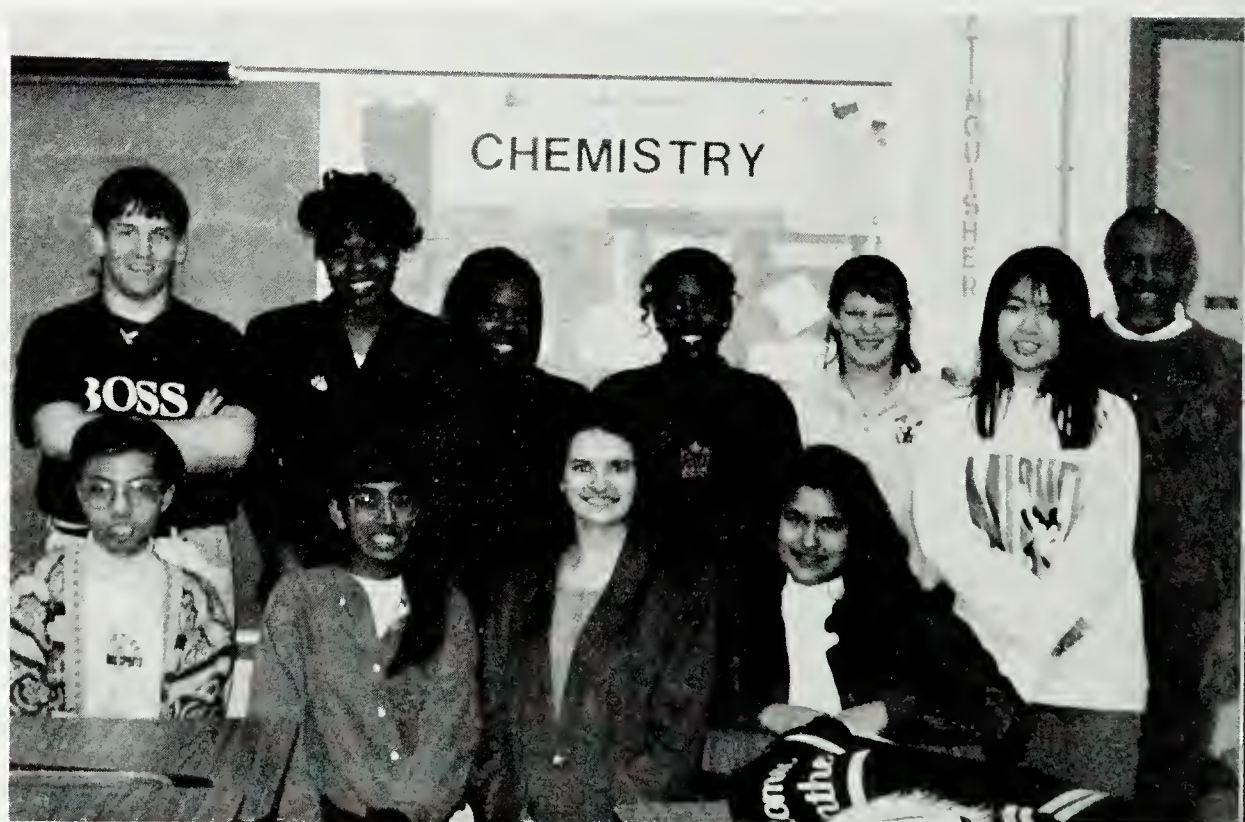
Deborah Prespare stand in front of her grand prize winning project. Many of the club members helped with the Science Fair.

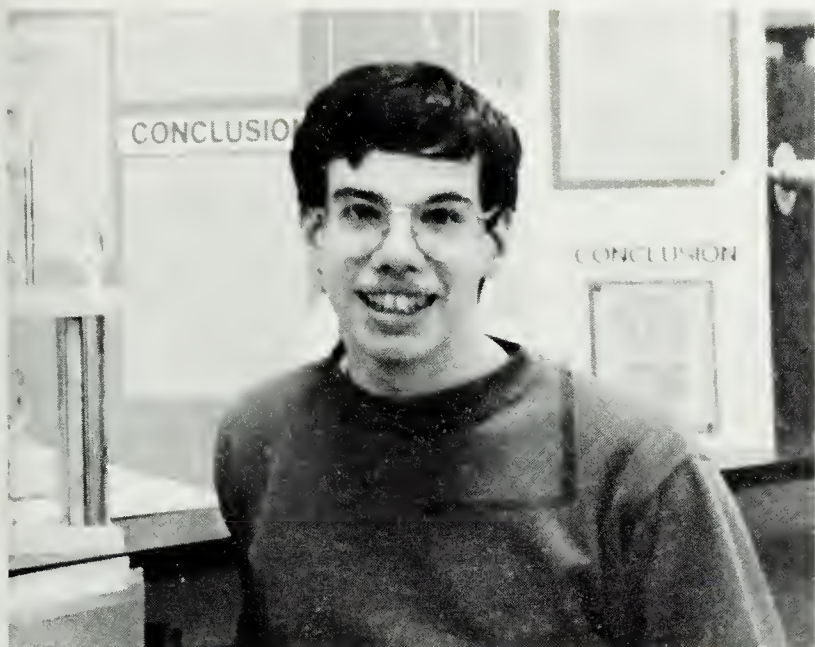


" Guiding students who are interested in science is a rewarding experience." --Mr. Leon Ragland

David Argesto begins setting up his project. Science club member and participant, Hany Morcos gives David some helpful advice.

The Science Club: (Front Row) Stanley Lau, Deepa Malladi, Broke Newey, Karla Leapold. (Back Row) Jay Ellis, Sarmarra Robinson, Myla Spencer, Michelle Spencer, Susan Sowala, Natalie Wong and Mr. Ragland.





The other grand prize winner, Richard Wagreich smiles beside his trophy.

The Science Club

“Working in the science club is a lot of fun. I get a chance to organize many field trips along with club president Natalie Wong,” said club V.P. Hany Morcos.

The Science Club was made for adventurous people who were really “in” with nature. This was proven true when the major field trips were scheduled. One of the trips taken was to Fountain Cave and also to places where fossils and

shark teeth can be collected.

Neven Marcos explains an in-school project that the club participated in, “We had to make Halloween costumes from only recycled materials. We decided to make a robot that was designed to fit a person.”

The Science Club also helped and participated in the Science Fair. They sold backboards and helped set up the projects. Some of the club members even judged

the enteries.

Mr. Leon Ragland, the club sponsor sums up his feelings on the club by saying, “The Science Club is fun. Guiding young people who are interested in the field of science is a rewarding experience.” --Irene Mammen

Science Club president Natalie Wong sets up a project. The fair which was held in the library didn't allow much room for the projects, but the fair was still a success.





Multicultural Mania

Everywhere you are you hear the new buzz word *multicultural*. You see multicultural posters; multicultural television shows and advertisements. Multicultural, multicultural, multicultural... What does this all mean?

In our school, we have a Multicultural Club that is compiled of students, faculty and staff. The interest of the club is to create a better understanding of the diversity

of people in our school.

As Ms. Vivian Ivey stated, "We are fostering an understanding and appreciation of different cultures." Every month the Multicultural Club comes together to discover new things about each other. The students and faculty in the club are all from very different backgrounds. The club prides itself on drawing from the school's rather diverse student body. "We have people of many back-

grounds in the club. It is great to share parts of your culture with other members," said club member Ms. Robin Soma-Dudley.

The club emphasize fun while expanding horizons. They have games they play, banquets, picnic, and sponsor the annual talent show. All members feel they get much out of the club and a feeling of unity after all, we are all the same under the skin. --Nasira Shafeek



Winnie Jones practices strutting her stuff for the modeling portion in the Multicultural Club talent show. The show featured singing, dancing, comedy, and a fashion show.



Members of the club enjoy each others company at the holiday celebration. The club tried to have different events every month.

Medina Bigsby and Moira John-Williams discuss matters at a meeting. The club gave the opportunity for all people at the school to learn about each other.



At the the club's holiday celebration, members brought food representing their cultural backgrounds. One of the more enjoyable ways to enjoy different cultures is through food.

Irene Mammen and Neven Morcos discuss the subject of the ice breaker that was presented. The club members played games and talked about interesting things from their cultures.



Nyoaka Green and Karen Andreno enjoy a moment together. The club provided times for its members to socialize and have fun.

" It's a way of gathering different cultures and enjoying them at the same time."
-- Tony Johnson

Yearbook

Recording the Memories

This year, the making of the yearbook was a new experience for almost everyone involved. With only one returning member from last year's staff, the group had to do some quick learning. The class had a good time creating layouts, taking pictures, and story/caption writing for the 1993-94 yearbook. From the beginning, the class learned a great deal

about team building. "I learned the importance of working as a team to accomplish things," said Stefanie Hall. The class stresses the importance of creating ideas and producing them, while having fun.

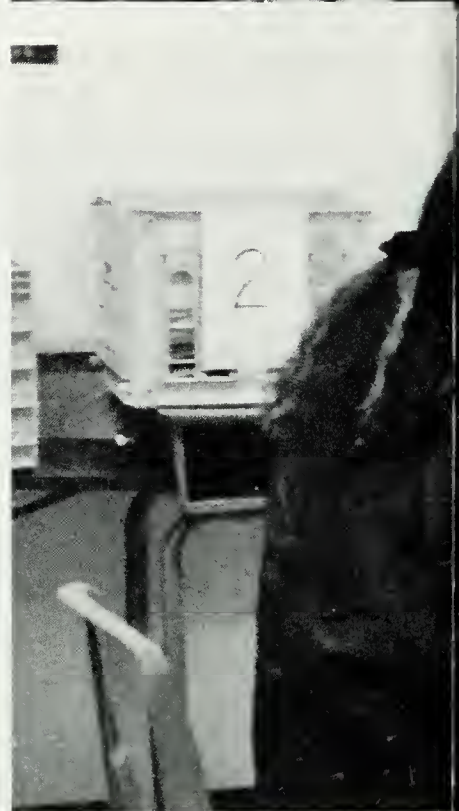
Everyone eagerly awaits the return of the proofs to see what their story and layouts look like. It is exciting for the class to see the actual yearbook come together.

All the hard work will payoff at the end of the school year, when the book comes out. It will be a record of memories the entire staff created and something that the whole school will enjoy.

Based on what they have learned this year, the staff can't wait to see what ideas they come up with for next year.-- Melissa Fisher



Scott Gordon assists Stephanie Truax in deciding on which type of layout should go into the yearbook for her story. As a design editor, Scott quickly earned a reputation as a "layout guru".



David Lamberton, Adam Wagner, Barry Blake, and Chris Lamberton all work together on a sport story and layout. They didn't always agree on an idea, but they always found humor in the process.



Ms. Robin Soma-Dudley talks to some staff members about a few story and layout concerns they want to resolve. These discussions always helped to get stories finished faster and the students enjoyed being involved in them.



Lori Becker and Adam Wagner quickly learned the importance of working together and listening to each other's opinions. Team work played a very important role in making this year's book something to be proud of.



Rachel Keen takes a breather after a hard day's work. Sometimes it was very important for staff members to be alone and contemplate their next assignment.

Key/Leo Clubs Helping Others

Many students were busy enough in their days. Between school, homework, after school activities, sports, and work who had time to do anything else. Yet, some very busy Panthers still found time to get involved in other projects. The Key Club and Leo Club were formed for those students willing to

help others even though they had very little time. Both clubs were very involved in projects in the Dumfries/Triangle area.

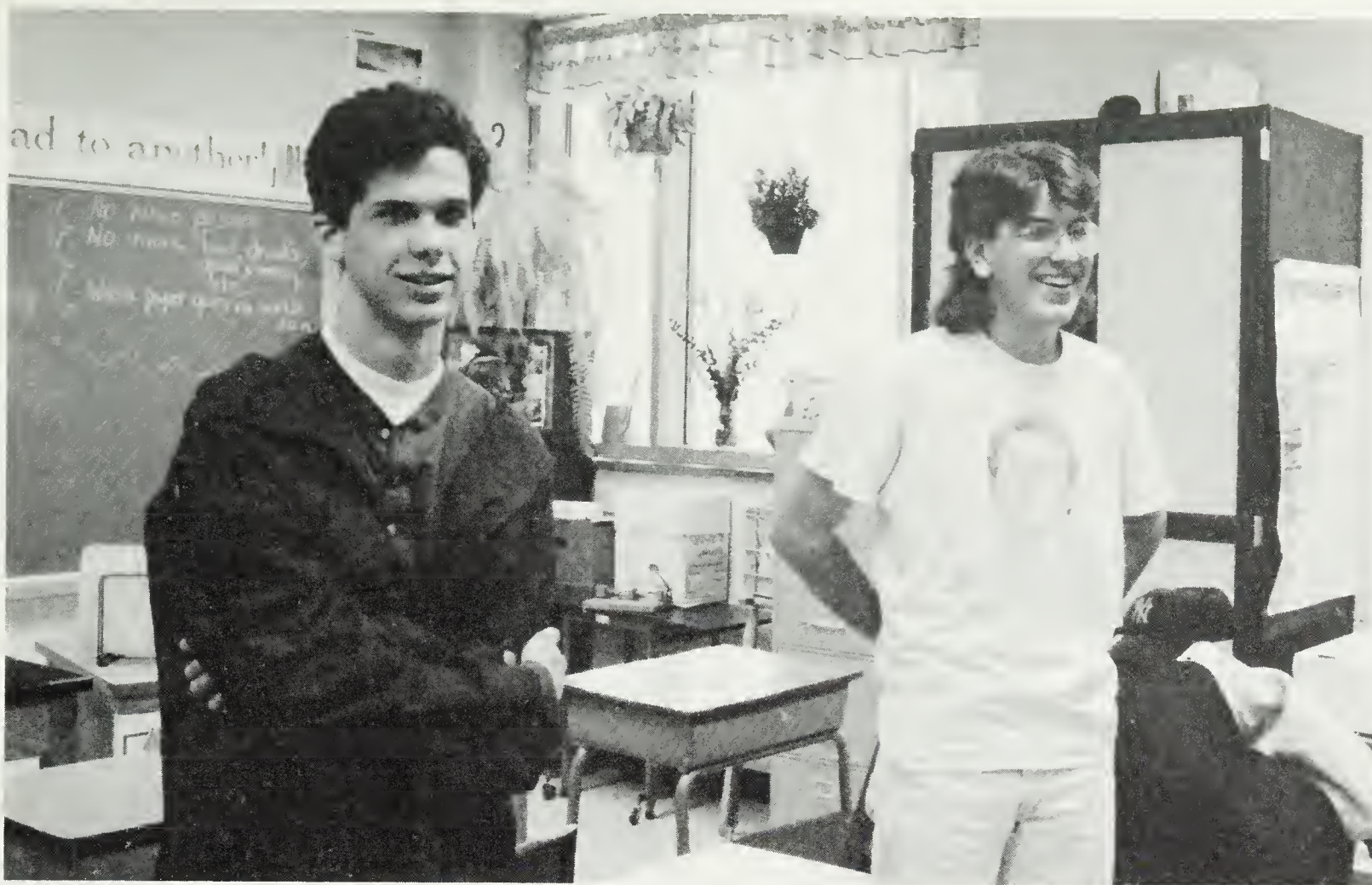
The Key Club this year helped in many projects. They were instrumental in assisting the Salvation Army in their Christmas collections. They also helped with "Project Mend-A-House," a non-profit organization that

matches volunteer workers with elderly members of the community needing assistance in home repairs.

The Leo Club also performs community services. Last year they delivered flowers to the elderly in nursing homes. They plan on doing the same type of service projects this year. "It is important to be involved

with your community," said Leo Club member Barry Blake. Barry continued by stating, "I'll give my time gladly if it means helping others." Sometimes we forget how important it is to help others, sometimes all people needed was our time and understanding.
--Stacy Goldsmith





Ryan Bubb and Aaron Catlett take a moment from their busy schedules to take the yearbook picture. Club members like Ryan and Aaron found themselves involved in many activities, but still found time for community service.



Leo Club members: Brian Abell, Mike Beale, Amy Haywood, Jaime Ardiolo, Carolyn Trexler, Scott Vandesand, Corey Fitzgerald, Barry Blake, Chrissy Yesko, Chris Crowder, Susan Blanton.

Scott Gordon, Chris Wakefield, and Brian Abell look through the photo boxes while they wait for their turn to get their picture taken.

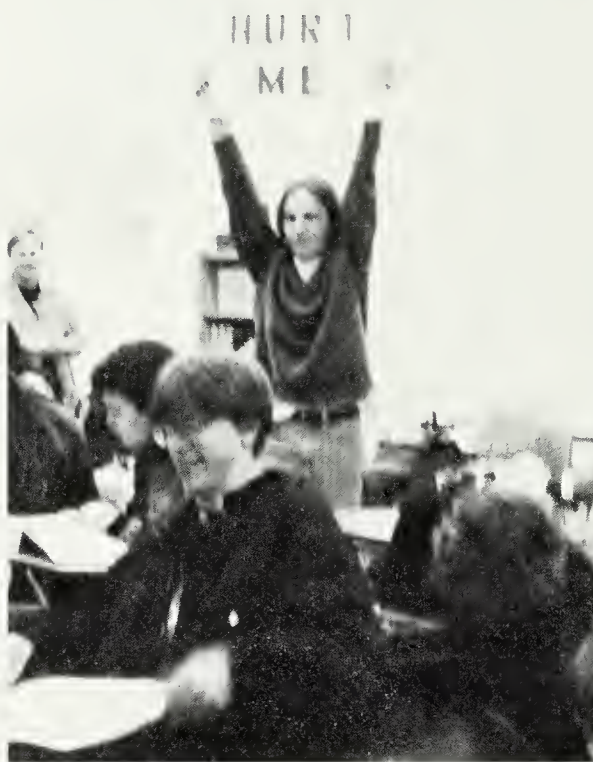
Key Club members: (Front Row) Daniel Sava, Paula Evans. (Back Row) Aaron Catlett, Chris Wakefield, Scott Gordon, Ryan Bubb.



Theater Productions and Drama Club

The Theater Productions and Drama Club go hand-in-hand. The students that are part of these groups help each other put on those plays that we see each year.

The Theater Productions class performed a one act play called "This is a Test," written by Stephen Gregg. They performed the play in a drama competition at North Stafford High School in February. They performed well in the competition, even though in rehearsal Mrs. Deborah Neuhard was a little concerned because they seemed to play around a lot.



What is Blake LoPresti trying to tell the rest of the Theater Productions class? Careful Brian, you may get hurt.

Yet, when it came down to performance time they were professional and made her proud.

The Drama Club, who wowed the crowd last year with the Shakespeare classic "A Midsummer's Night Dream", will be performing the musical "South Pacific" by Rogers and Hammerstein this year.

The students involved in both of the organizations have much to be proud of. They worked hard and had a great year. They also had fun, which is the most important thing of all. --Wendy Whetzel



Chrissy Ksanznak applies make up to Jessica Winchester, while Cindy Barrett and Milton Grubbs give her advice. Theater gave a chance for students to learn other skills needed to make a successful production.

" I had fun joining the performers at the competition. They are a crazy, fun group." --Rachel Keen



In a scene from "This is a Test", Leo Valle is signaling for a plane to land. The one act play was well received at competition.



The Theater Productions class does a motivational cheer before the competition at North Stafford. Much like a sports team this helped them give a winning performance.

This year the Drama Club is performing "South Pacific", which promises to be as successful as "A Midsummer's Night Dream" (pictured left).

The entire cast call from "A Midsummer's Night Dream" last year's big drama production



Jim Agnew, Regan Wynne, Samantha Wallachy and Cheri Fountain are performing a scene from last year's production. Drama Club appealed to all sorts of students from the most outgoing to the shyest.



The Spanish Club



While munching on popcorn, Irene Mammen, Alexandra Cuevos and Roberto Cuevas, Kyle McPhereon, and Neven Morcos work to finish the pinata for foreign language week. In the background is Kim Fincham, sipping soda and working.



"The Spanish Club project to make a pinata helped everyone in the club to get acquainted with each other. Decorating the pinata, breaking it, and watching everyone scramble for the candy was really fun. We had a great time." --Starr Bourcier



"Working with the Spanish Club as its sponsor has given me a chance to have good times with the students and teach them about Hispanic culture." -- Mrs. Ernestine Roth

Starr Bourcier and Sheyla Allen work together on the Spanish flags, which will be worn by students in Spanish classes.



"The Spanish Club has done many fun activities after and outside of school. Making the pinata was the best thing we have done so far, but I know we will have more activities in the future. Being a club member is really great." -- Neven Marcos



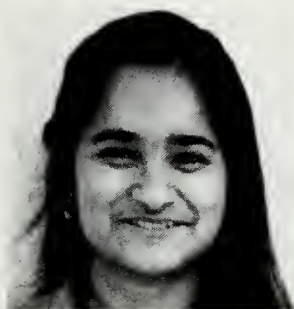
While Senora Ernestine Roth helps out Neven Morcos, Alexandra Cuevas, Michelle Spencer, and Starr Bourcier as they cut and paste the Spanish flag together, Roberto Cuevas, in the background, tries to wave and get the camera focusing on him.

Alexandra Cuevas, Michelle Spencer, Sheyla Allen, and Neven Morcos work together, while Carla Leopold asks a question about what they are doing.



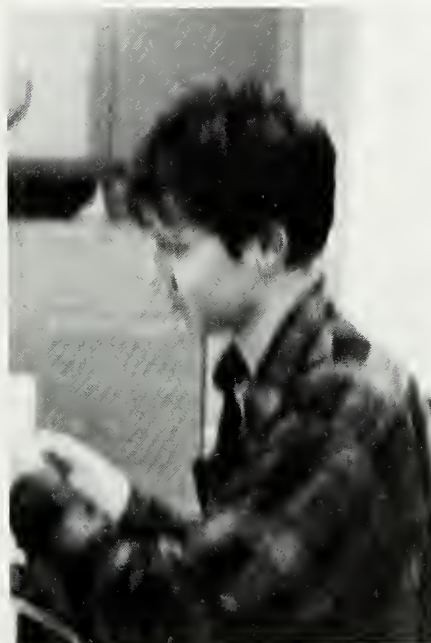
David Neuman works in a quiet corner as he tries to finish the cone of the pinata.

Alexandra Cuevas has fun as she carefully measures and cuts construction paper and finishes her Nester.



"Being in the Spanish Club is lots of fun. Since the meetings are held after school the atmosphere is relaxing. That makes it easier

to enjoy and learn about the Spanish culture. I have also met lots of people and made new friends. I am glad I joined." --Irene Mammen



Former Civitan, Brent Booker makes a visit to a meeting to talk about his college. Everyone enjoyed listening to his new ideas for up coming events.



"The best thing about being a Junior Civitan member is having the satisfaction of being able to help others." -- Katie Elmore



President Tracy Stauffer, updates the Junior Civitans on the accomplishments of the previous month, as well as informing them of upcoming events. Because the Civitans are so helpful in the community they always have something planned.

As cans poured in for local charities, George Hummel took note of those dedicated Civitans. Ryan Jacoby was grateful for what Robert Guirra was giving to the drive.

As an annual event the Junior Civitans help out at the ARC Halloween dance. Everyone has a great time dressing in costumes and dancing to the music.





A member of the Association for Retarded Citizens enjoys a dance with Junior Civitan Stephanie Hall at the Halloween dance. The night gave a chance for all club members to see what a joy giving can be.

Lending a Hand

Making new friends is what Junior Civitans is all about. During the year the club works continuously with different projects, especially with the Association for Retarded Citizens (ARC).

The Jr. Civitans meet the first Wednesday of every month to discuss what is going on and the accomplishments that have taken place. They complete and discuss events such as the monthly surprise for the

Juvenile Detention Center or the basketball game against the ARC.

Also on Tuesday afternoons they compete with the ARC in bowling. "The competing is fun between all the teams," stated Brian Bann.

The Civitans participated in helping with the Prince William Special Olympics. The excitement and competition is enjoyed by everyone.

The club members, every year, help with the sponsorship of the ARC

Halloween dance. "Everyone always enjoys themselves, working together," commented Kenric Russell.

Every meeting the Civitans collect canned food to donate to local charities. "Helping others that are less fortunate than ourselves is worth the time," said Hillary Hart.

No matter what the event the Civitans always have fun and a lot of pride in lending a hand. -- Stephanie Hall



DECA - In The Classroom?

Distributive Education Clubs of America (DECA) is an organization available to students through their marketing classes, sponsored by Mr. Michael Carr and Ms. Jean Cahall. DECA's purpose is to give "students the opportunity to develop a respect for education in marketing that will contribute to vocational competence," said Mr. Carr.

One of the important activities sponsored by the club occurs on the first Friday of every month. Members bring to school enough food to feed residents at the ACTS Homeless Shelter. "Our food-drive was different, because it was for a special spaghetti meal we prepare. We would also bring cookies, baby formula, and tea bags," said Angel Rivera. At Christmas, members and officers visited the Woodbridge Nursing Home. Every member brought a Christmas tree ornament. Once everyone arrived at the nurs-

ing home, DECA members surprised the residents with cookies, juice and helped to decorate their Christmas tree. That gave everyone a warm lasting memory.

DECA members are also involved in school based activities. They ran several fundraisers to support their projects. "I think selling candy bars was the most exciting because I could eat as much as I wanted and pay the money back later. I was my best customer," said Kristy Finucan. The club also produced T-Shirts, ran an Easter Egg Hunt and took a trip to the State Fair.

To many, competitions are an important part of DECA. This year's State Competitions were held at Manassas Mall. Students came together to test their market related skills. There were many different categories, to meet individual needs. "I've been working at McDonald's for a while now. So I think I would be interested in competing," said Mi-

chael Cooper. Competitions are a special part of the club. But the luncheon held at the Montclair Country Club will be a treat. Students take their managers out to spend quality time together. "I'm looking forward to this because my manager and I got off to a bad start ..., now I can thank him for having faith in me," said Christina Denton.

'94's DECA officers include Quincy Queen as President, O.J. Webb as Vice President, Kim Fincham as Historian/Reporter and Sheila Jones as Treasurer/Secretary. To keep students involved, each class elects representatives. The representatives attend meetings and report back to the students. Club elections were held in October and many felt it was a unique experience. Kelly Hixon said, "I considered running for an office, but the thought of video taping my ideas made my stomach get butterflies." -- Kim Fincham



Kim Fincham updates Bobby Sutliff and Angel Rivera on some topics discussed during a previous meeting. Members found the updates helped keep them on track despite their busy schedules.



DECA class representatives review some of the club's planned activities, before reporting back to their classmates.



DECA's banner hangs gracefully as a silent encouragement to students to get and stay involved in its activities.





" I like Fashion Merchandising because I get to be around people with the same interests as myself." - Kelly Hixon



Shelia Jones and Steven Justice think over some DECA schedule concerns. Club members are learning the skills now that they will use in the business world - like dealing with schedules/deadlines.

Latasha Johnson and April Lewis make some last minute mental checks before a busy day in Cooperative Marketing.



PSS/SADD

Learning To Say No

Panthers Staying Straight (PSS) and Students Against Drunk Driving (SADD) are two clubs that promote a drug-free and alcohol-free lifestyle. Today, students are under much pressure to incorporate drugs and alcohol in their social activities. But according to Jenna McGuire, "PSS's goal is to have fun activities without drugs or alcohol."

PSS sponsors a volleyball game at night, but their most important activity is helping with the Toys for Tots campaign. Every year,

the members get together and go from house to house collecting toys for kids less fortunate than themselves. "Mr. Young was very supportive and drove us around, making sure we would be all right," said Jenna McGuire.

Both of the clubs pride themselves in being a close group that works well together. They are friends at school and after school. They also believe that the message that they are trying to convey is an important one. Drug and alcohol related deaths are the num-

ber one killer among young people today.

The members believe that awareness and education is the way to help eliminate the problem. SADD distributes red ribbons for cars around Homecoming and Prom time to remind students of the dangers of drinking and driving.

It is the hope of the club that someday they won't have to remind students not to abuse alcohol and drugs, because non-use will be the 500norm. --Nikki Leak

PSS members show the toys they have collected. Members first row: Latrese Green and Tracy Stauffer. Next row: Miranda Johnson, Jamie Morrow, Pam Slater, Jenna McGuire. Last row: Thomas Kurylo, Mondo Guerra, Ian Goodman, Matt Kurylo.



The Panthers Staying Straight collecting and bagging toys for the campaign. The Marine Corps distributed the toys to the needy children.





Ian Goodman and Mondo Guerra look at the quality of the toys that were donated. Although most people meant well, they sometimes donated things that were not up to the Toys for Tots standards.

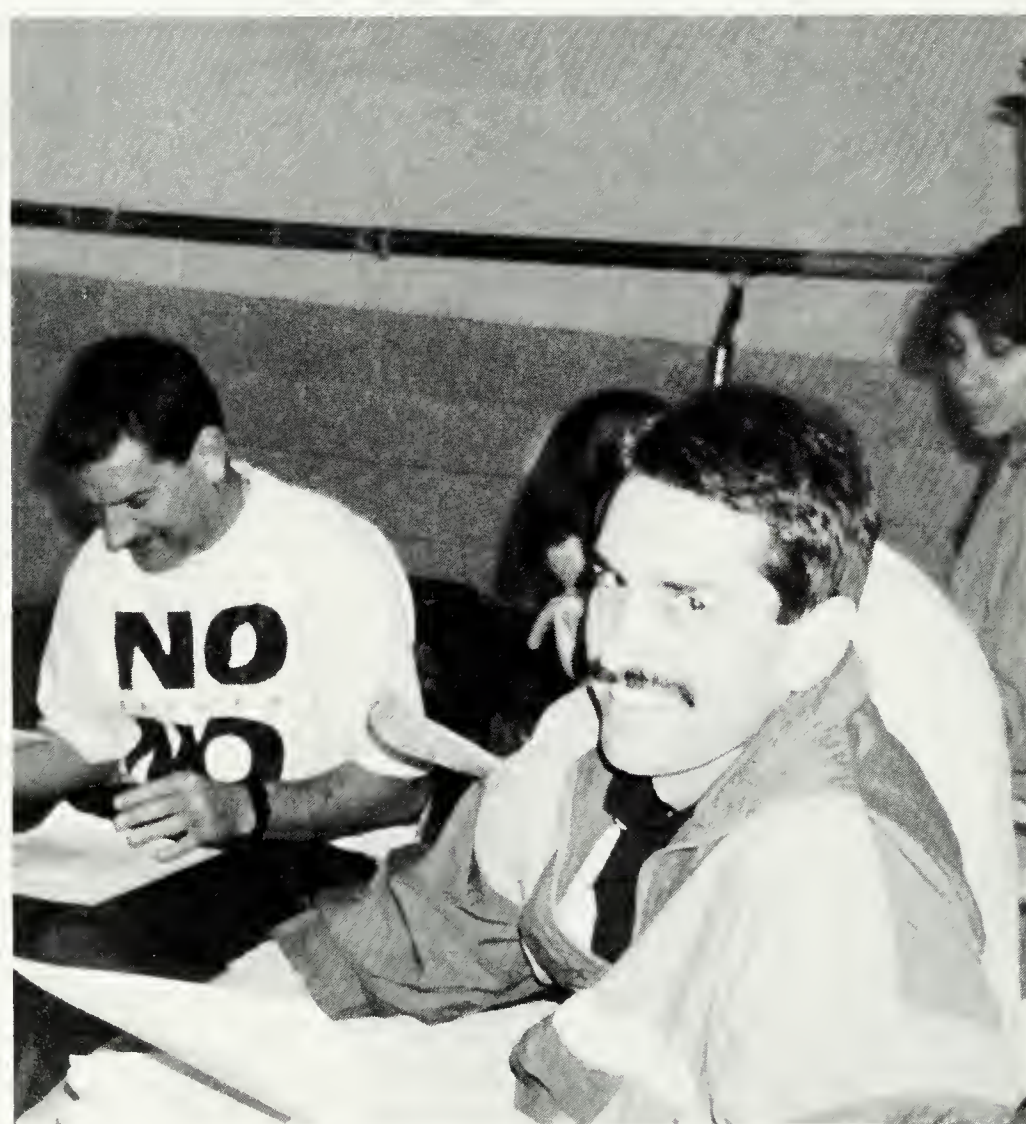


Jenna McGuire, Pam Slater, Matt Kurylo, and Ian Goodman enjoy their time together. The club prides itself on being friends before and after school.

Relaxing after a long track meet at VMI, the track team discusses the outcome of the Regional Meet.



LaShawn Rankin prepares for his run by practicing his start. Runners know the edge a proper start gives them in a race. They will spend almost as much time on the start (thinking it through and doing it) as they do working on their speed.



Coach Bill Stearns takes time out of organizing events to pose for the camera. Without a coach's guidance during meets, things could end in disaster.

Shameeka Soares patiently tears off the tape she used to protect her ankle during the race. Ankle support is a critical consideration for all runners.



Feet, feet, and more feet!

Indoor Track required many hours of after school practice to develop the dedication and strength shown in each of their performances. The members helped each other realize the goals they set for the season. Everyone wanted to jump a little higher, run a little faster, throw a little further. The practices they endured made it possible for the athletes to do so.

Because of this year's harsh weather conditions, many meets were rescheduled or cancelled making the 93-94 Indoor Track season one of the toughest in recent years due to the ef-

fects of "stop and go" training and competition. LaShaun Rankin led the team in sprinting and jumping. He recorded one of the best high jumps, at the high school level, on the East Coast. Latrese Green was also a great addition to Potomac's lineup. Her shot putt throwing ability earned her a place at the top in regional competitions.

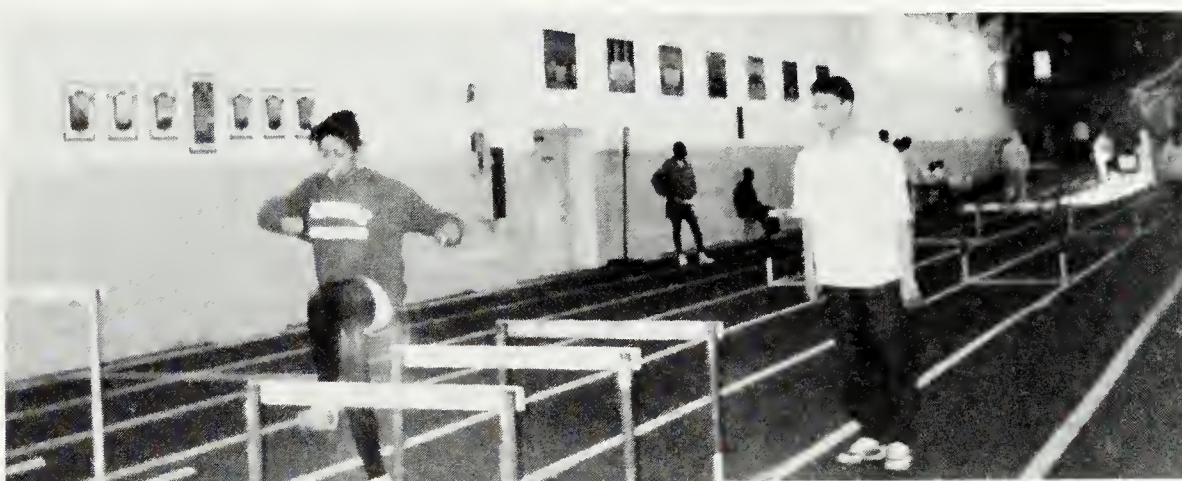
The girls' sprinting talent was plentiful, with help from seniors Myla Spencer and Michelle Spencer, juniors Moira John-Williams, Shameeka Soares and Cherylyn Swanson. The boys' sprinting group earned a great deal of respect through the efforts of

Joel Jones, Scott Calhoun, Reggie Johnson, and Ricky Parker. On the distance side, while short on numbers, the team was long on effort. Leading the group were junior Mike Koontz, and senior Ryan Bubb. Joining them were sophmores Josh Bates, David Agresto, Stephanie Truax, and freshmen Gerard Perimeter and Josh Carvallo.

No matter what the weather was or the competition the team faced, it always strove for results they could take pride in. Indoor track is definitietly one of the hardest sports to master.

" Indoor Track keeps my endurance up for Outdoor and Cross-Country." -- Ryan Bubb

Top row: Adam Faltinowski, David Agresto, Richard Lewis, David Bann, O.J. Webb, Reggie Jones, Robert Edmonds, Shameeka Soares, Ricky Parker. Third row: Mike Wolters, LaShawn Rankin, J.P. Fielding, Billie Jones, Mike Koontz, Scott Calhoun, Ryan Bubb, Jose Flores, Josh Bates. Second row: Michelle Spencer, Josh Carvello, Gerard Perimeter, Moria John-Williams, Stephanie Truax, Diana Duvall, Janet Caramanica, Chrissy Throne. BottonRow: Shawn Blair, Nathan Russel, Chris Lamber-ton, Joel Jones, Terry Johnson, Latrese Green, Cherilyn Swanson, Meghan Kent, Myla Spencer.



Scott Calhoun watches Shameeka Soares warm up for her event. Teammates always help each other out to reduce stress before a race.



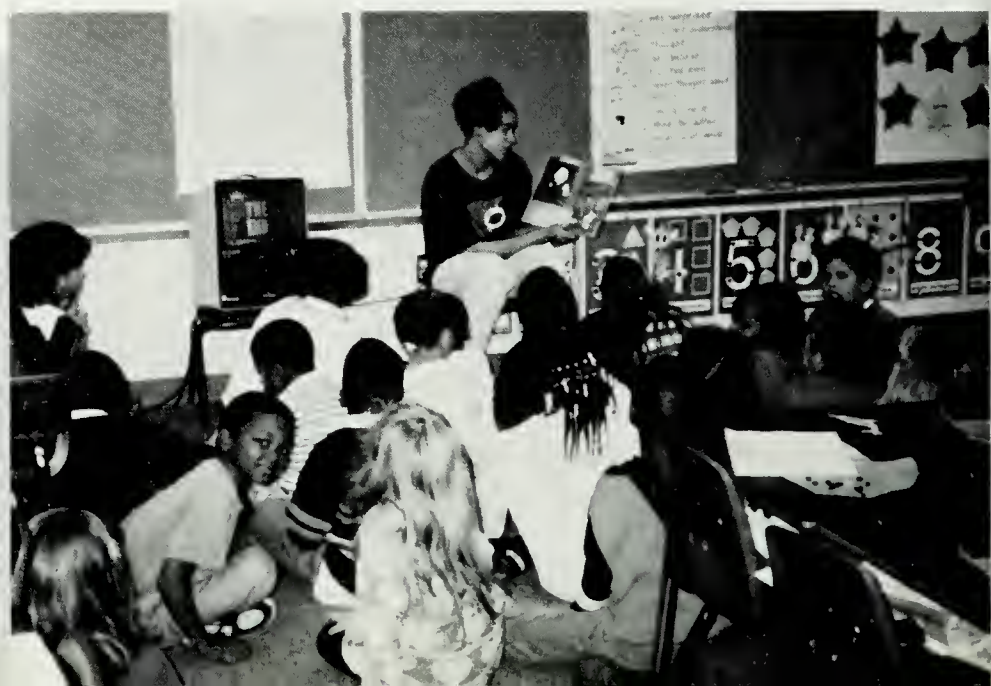
Academics

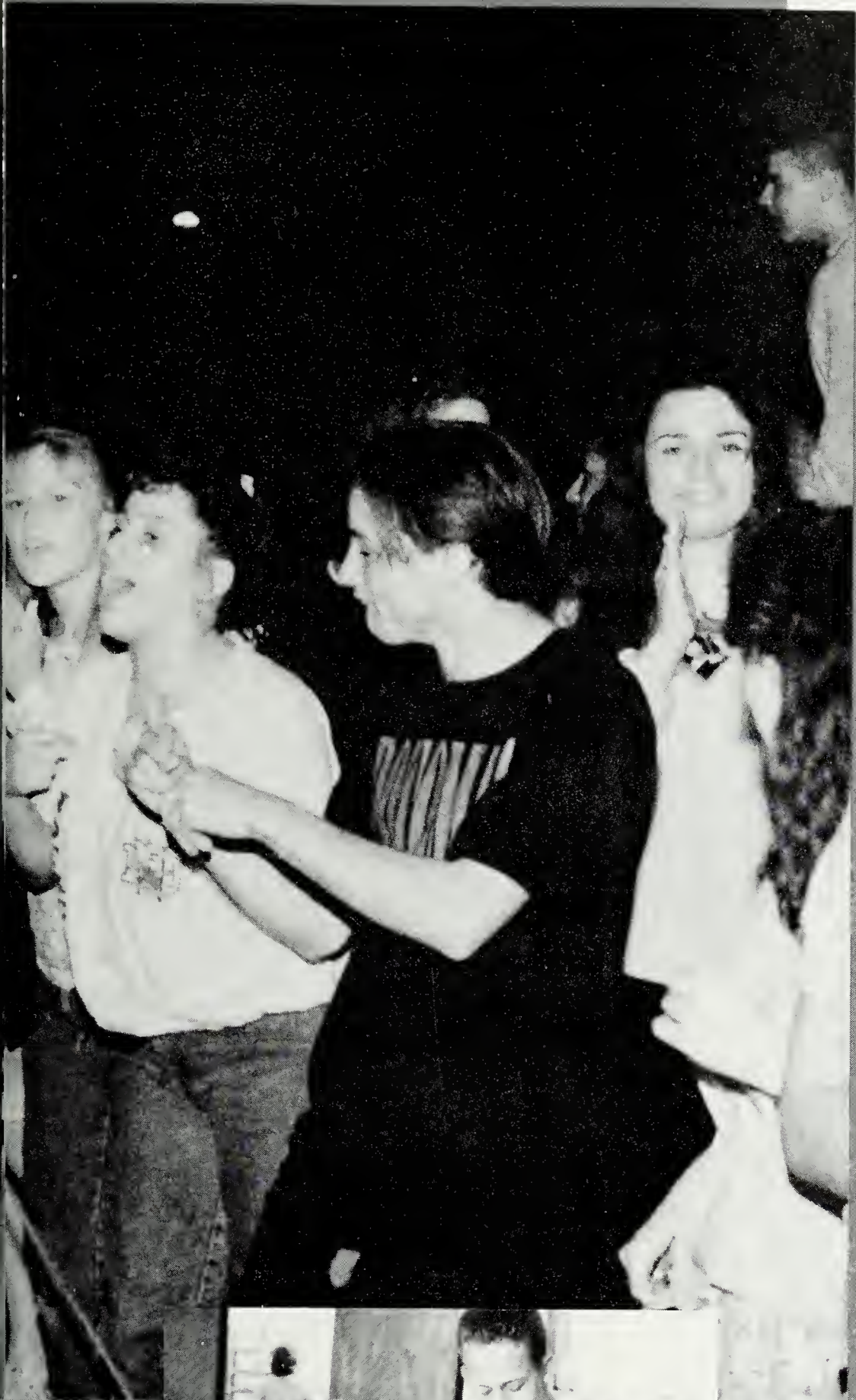


Sculpters Benji Brown and Ashley Gouding converse about the days work. Art students worked and created many different things with clay.

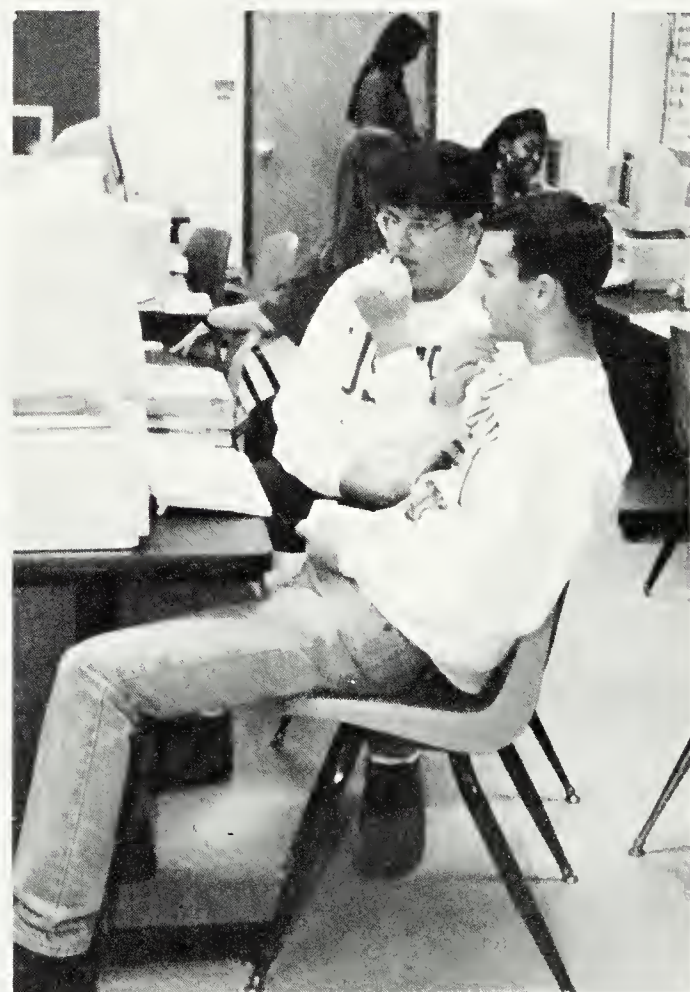
Sporting a toga, Jeanie Cassidy, relays her message about school spirit. Mitch Henrey watches in awe as Jeanie demonstrates her dedication to class.

Students Jack McGovern and Katherine Schwetje sit pondering the vast number of vocabulary words they have reviewed. "Psst, Katherine, in retrospect, I feel blantly chagrined at my parsimonious actions." (Ask Jack for the translation or look it up).





Ryan Bubb scopes out some living microorganisms as part of his assignment. Ryan has developed a reputation as a "science stud" who likes to compete in such activities as Cross Country and "Its Academic."



Relaxing after a hard day of learning at Potomac, students enjoy themselves at the bonfire during Homecoming spirit week.

Kim Rucker shares a story with young children. Kim and other students took "hands on" courses in daycare and child devolpment at River Oaks Elementary School.

"What do you think of computer based Solitare and Tetris." Shane Stitts asks, as he and Andy Years combine forces to resolve some finer points of a computer problem. Computer supported learning is a vital part of Potomac's program to prepare students for the future.

Eric McDonald helps a "sexy" looking Kenric Russel in "uniform". During spirit week, students showed all sorts of sides to their personalities.



From Compass to Scalpel.

Freshman students were given the opportunity to take a new first level physics course this year. The course was a good combination of math and science. The course was started to improve student interest in and ability to excel in science related courses. One student stated, "Freshman Physics has really prepared me to move on to the next level of science." The course designers included Mr. Bob Holly, Mr. Tony Xhema, and Mr. Michael Young, backed up by Earth Science watchdog Mr. Michael Dyre; Mrs. Shirely

Jones and Mr. Leon Ragland sporting the traditional white lab coats of a chemist; Ms. Dianne Ferree, Mrs. Patricia Ghiloni, Mr. Don Scarr who also keep a close watch on dissection scalpels in biology classes and Mr. Bill Moreland who guides upperclassmen through their physics paces.

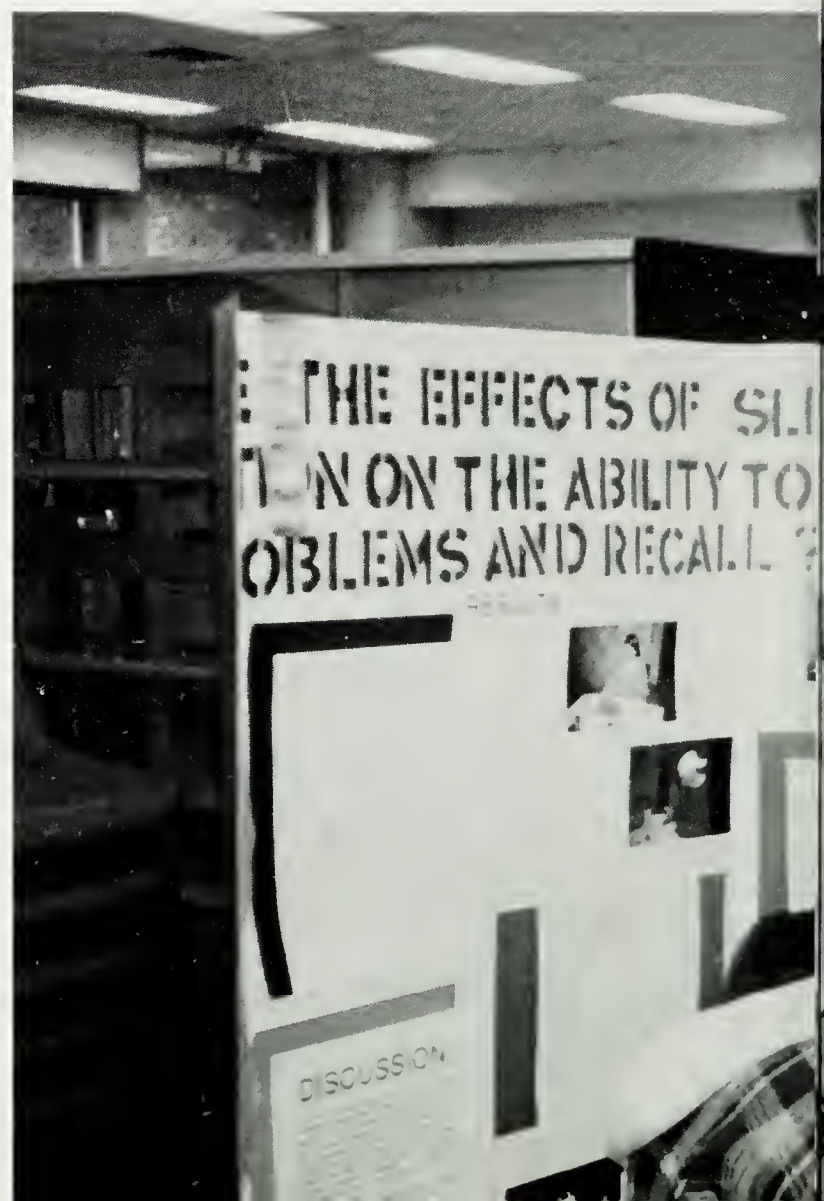
New students learned about Mr. Dyer's unique teaching style this year, as members of his Oceanography or Earth Science classes. Denise Truax commented, "I love the way Mr. Dyre teaches with notes and hardly ever uses the

book. He also keeps our current grades posted daily."

Potomac has a science course for everyone. For those who like math, Physics or Chemistry is a good choice. For those who don't work so well with numbers, Oceanography and Biology may interest you. "The best thing about science here," stated Kevin Chronister, "are the labs, where you get to do what you have learned. I've worked with a compass to measure angles and didn't have a problem handling a dissection scalpel." -- Jennifer Gilmer



Kim Ryder and Sheri Fountain concentrate while dissecting the shark for Oceanography.

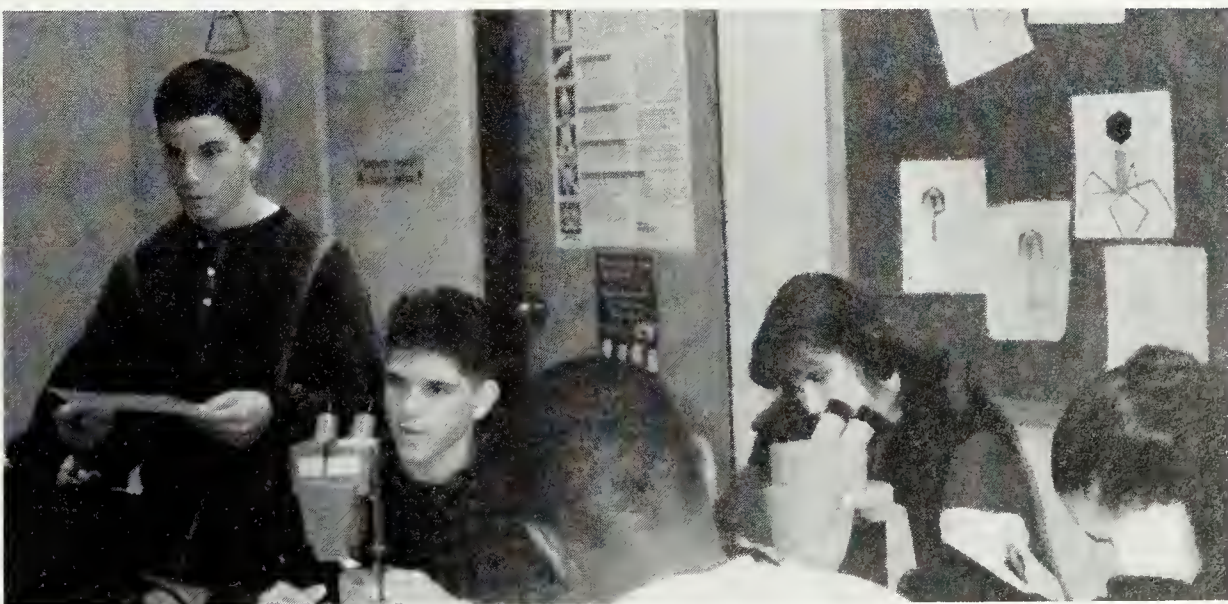
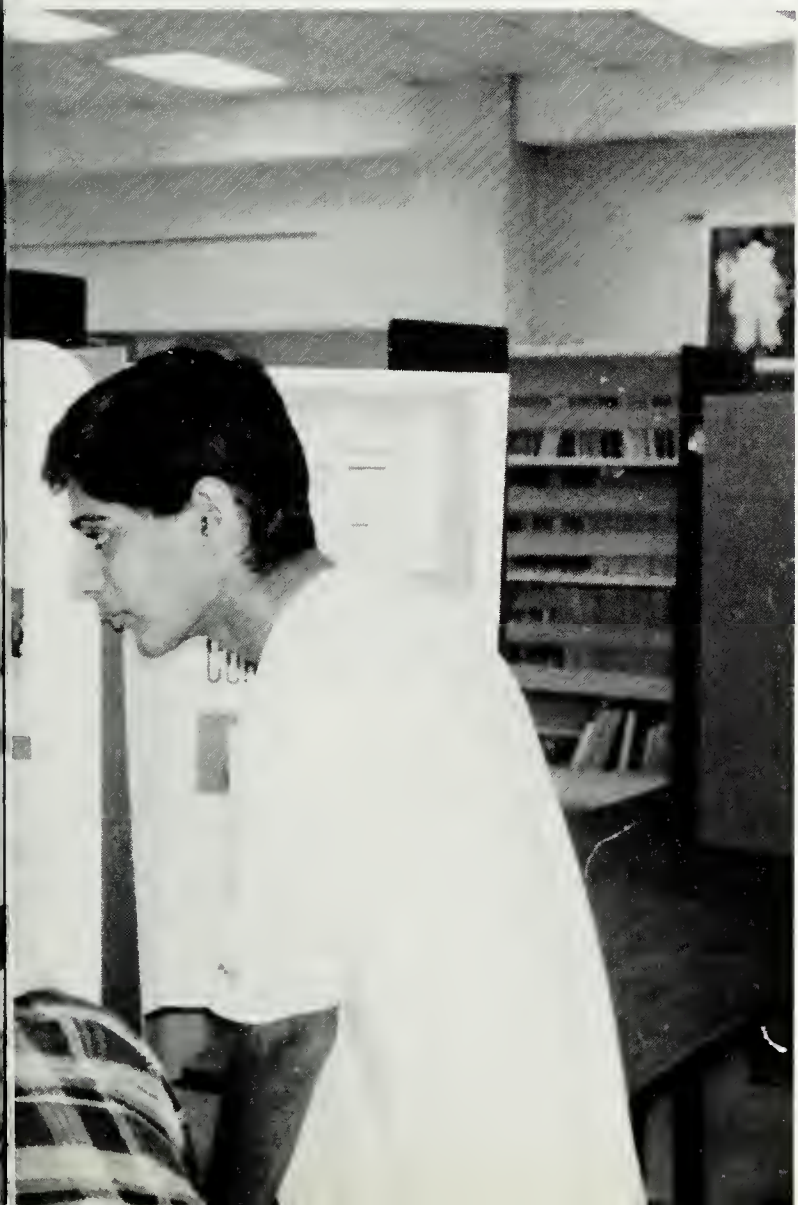




"Science was very hard but thanks to Mrs. Jones I'm ready to move on to the next level. Stephanie Truax

Samantha Freeman and Eric Chapman watch studiously as Mr. Ragland uses the blackboard to show them a physics concept.

Tasha Shine observes a motion experiment to collect data to support her hypothesis.



Umer Ali studies this science fair project to see if sleep deprivation is affecting him.

Barry Blake and Adam Wagner work with their lab group in Biology I to try to identify the organism under their microscope.



Ms. Terry Roberts and Selvan Hinnant discuss a problem on a quiz. Math teachers quiz students frequently, so they can gauge their progress and overcome problem areas.

Chris Copenhauer is hard at work on an in-class assignment. Teachers use in-class assignments as a way to help students get a better understanding of a new concepts.

Math

An Everyday Thing

Have you ever stopped to think how important math is in your everyday life? Many people use math skills and they don't even know it. For instance, you use it when you are driving, or to balance your checking account.

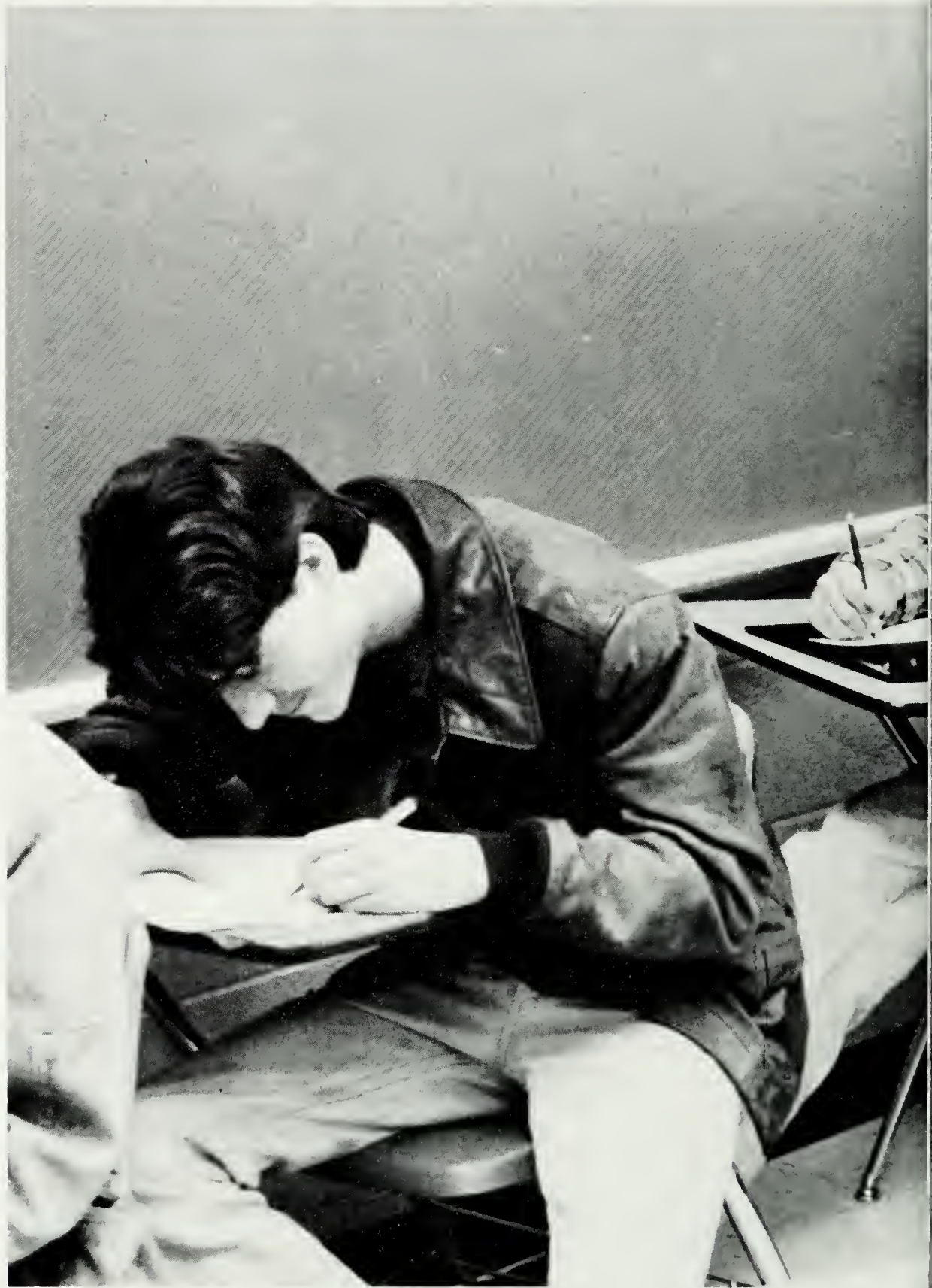
Math plays a very big role in everyone's life. In high school, math is a required subject. You need math to take other classes such as: business, vocational arts, accounting, and science.

"Sometimes I think, when am I ever going to use algebra again," said Denise Truax. "Yet, I know in the long run I will be happy I took it," continued Denise. It is hard to believe that math prepares you for problem solving, but it

does. It teaches you a logical step by step process to help you draw to a proper conclusion.

For some math comes naturally, but for others it is a struggle. "No matter what I do on my own, I have trouble with Geometry. So, I get help before and after school," stated Michelle Walker. All the math teachers make themselves available early in the morning and after school to help students. Many students take advantage of the late buses on Tuesday and Thursday to get extra tutoring.

We are fortunate to have math classes to appeal to every skill level. No matter what your skill level, don't give up because that's not logical! -- Tabitha Fincham and David Lamberton



Chris Thomas grimaces at the thought of possibly having to rework his problem, as Mr. Robert Hall gives him encouragement. Teachers, such as Mr. Hall, found it beneficial to make themselves available before and after school to help their students.



Brian Letendre and Camille Nelson discuss a Geometry problem. Working in groups helps students to understand each other better and frequently to learn faster.



Vocational Arts

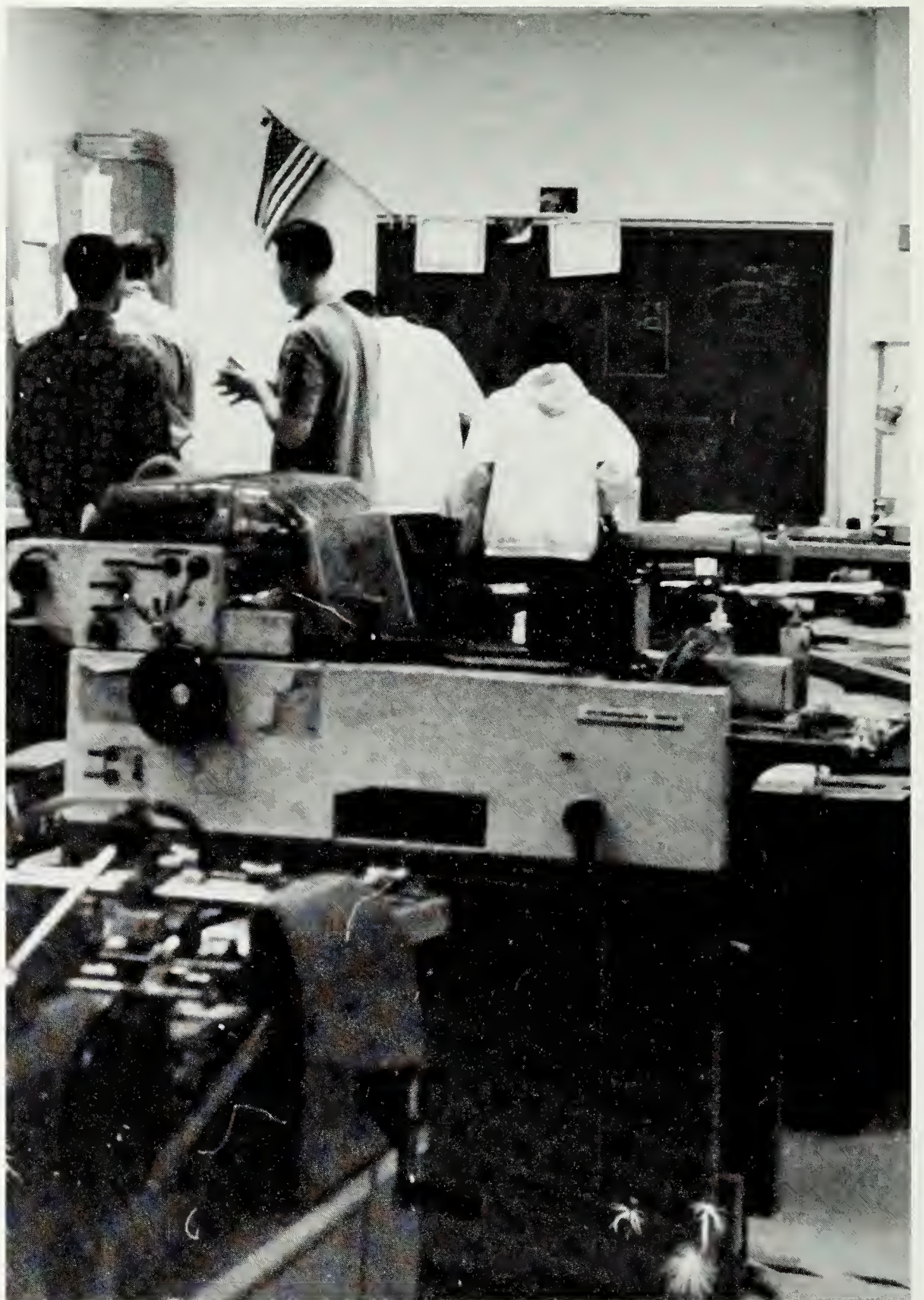
Vocational Arts includes classes such as Autobody, Construction, Drafting, and Graphic Arts. These classes give students a chance to fine tune the requirements it takes to be more employable in a very competitive job market.

The classes also give its students skills that can also be helpful in their private lives. Working on cars, or doing construction projects are hobbies for many people and these classes gave students a chance to practice their skills. "These classes will help me in the future and when I am in college," said Mike Wal-

ters. Mike plans on using the skills he obtains in vocational classes to help earn extra money when he is at college.

For others a vocational education will help them receive training for future jobs. Not only do the students learn a skill, they also learn safety and health standards and proper use of machinery and chemicals. All of these can be very dangerous if not used properly.

No matter what, a vocational education is invaluable and we should be thankful that it is offered at our school. — Tabitha Fincham and David Lambertson



Students in graphic design class discuss a new art design. Students in graphic design class received skills that they could use in the job market or just for fun.

Mr. Frank Higgins electronics class work on a class assignment. Safety procedures were stressed in classes such as Mr. Higgins, so students would understand the danger of some of the materials.



Mike Ienemanyvong and Josh Bates look over their projects in their drafting class. Drafting was a popular class that taught important skills for students interested in engineering or architecture.



Students get ready for Mr. Clarence Legget's class. Not only was drafting offered to students, but so was mechanical drawing, which is a prerequisite for taking drafting.



Amber Jones is just happy to be in and learning French. Enthusiasm for the language made it easier to learn.

Bonjour!

Students Learning

Q uoi est ce' que response? *WHAT? I don't understand.* This is what many students think when the first enter a foreign language class. Many students believe that speaking English is enough, so why do they need another language?

Students take foreign languages for many different reasons. Some take it to learn about a country's culture and customs. Students take languages because they enjoy them and hope to travel to different countries. Others take languages because they are a requirement for a diploma. No matter what the reason is students usually get much out of taking a foreign language class.

Whether a student is taking French, Span-

" Oh great I didn't understand what she said. Does anyone in this class understand what she said? Definatly not the guy next to me."



Hola!

A New Language

ish, German, or Latin, they will be opened up to world a lot larger than before. Taking a language gives one a better understanding of others and even our own history. Many things in our culture have origins from other countries. When we explore these other countries, we get a better understanding of ourselves. "I am taking Spanish because I find the culture interesting," said Stefanie Hall.

Some students will even take two languages so they can earn their Advance Diploma, which is a real challenge. What you will learn in a foreign language goes beyond being able to read the menu at Taco Bell. You will also get a chance to discover a little bit about yourself. --Wendy Whetzel

"French can be hard. Especially when you have to conjugate all those verbs." -Helen Hines



Michelle Nicholson, Crystal Ferguson, and Thomas Greek try to figure out what Mrs. Miller has asked. Genell Waters smiles happily because she knows what to say.



Students in Spanish class are working hard studying for a quiz. Some students took Spanish because it is one of the most frequently used foreign languages in the United States.

Whose World Is It?

For as long as we can remember through out history, the saying "a women's place is in the home" has been believed. Well, times have changed, the roles of women and men are not as defined. This is true even in school. Classes such as Auto Body, which was a male dominated class now has girls in it. Home Economics is now seeing its share of guys in the class.

Since men are now at home, it is just as important that they also get the training it takes to be successful in domestic life. They need to learn how to cook and

take care of children.

It's true that girls still dominate these classes, but a male presence was a chance for teachers to get a different opinion on things once in a while. It is hoped that the boys who take these classes will be a little more caring and understanding in child rearing and home issues.

So now when you get asked, "Who belongs in the kitchen?" You can say both men and women because we live in the present, not in the past. --Wendy Whetzel and Racheal Keen



As Mrs. Horbert uses a volunteer from the class to explain a lesson in life, the rest of the class listens attentively.

The new happy mothers: Billie Cook, Andrea Wheeler, Debbie Pack, Alisha Murphy, Alicia Massey, Misty Conrad, Angela Yebolh pose for a picture with their babies.





The result of baby making. Students in the class had to make their own babies and decide on every detail.

Alicia Massey is learning the responsibilities of child rearing. The students had to take note of every detail from baby sitting expenses to doctor bills.



Art- Using Imagination

Many people think Art is just a course for those who can draw or paint. That is not true anymore. Art has become a class for imaginative people. The students who take Art have learned to use their imaginations to create something special.

This year the art classes were taught in studios. These studios allowed students to learn about different forms of art. The studios ranged from painting and drawing to sculpture and pottery.

The studios enabled students to have hands on experience with the art form they were studying. It gave the students a chance to concentrate on one area of art at a time and find out what they enjoyed the most. Some of the more talented students would find their work displayed in the main lobby's show case or published in the Literary Magazine.

Not just painting or sculpting was taught in art class, also the history of art was touched. Art history was taught to the

students in such a fun and different way the students didn't even realize that they were learning something.

The best part of Art was that students got a chance to explore their creative side and not their book knowledge. Or as Alvin Porter said, "Art was a fun class, most of the time it allowed me to create what I wanted."

Most students agreed with Alvin. Art allowed them to express themselves freely without being told it was right or wrong. --Clarissa Porter



A finished project. The students liked looking at each other's projects and sharing ideas.



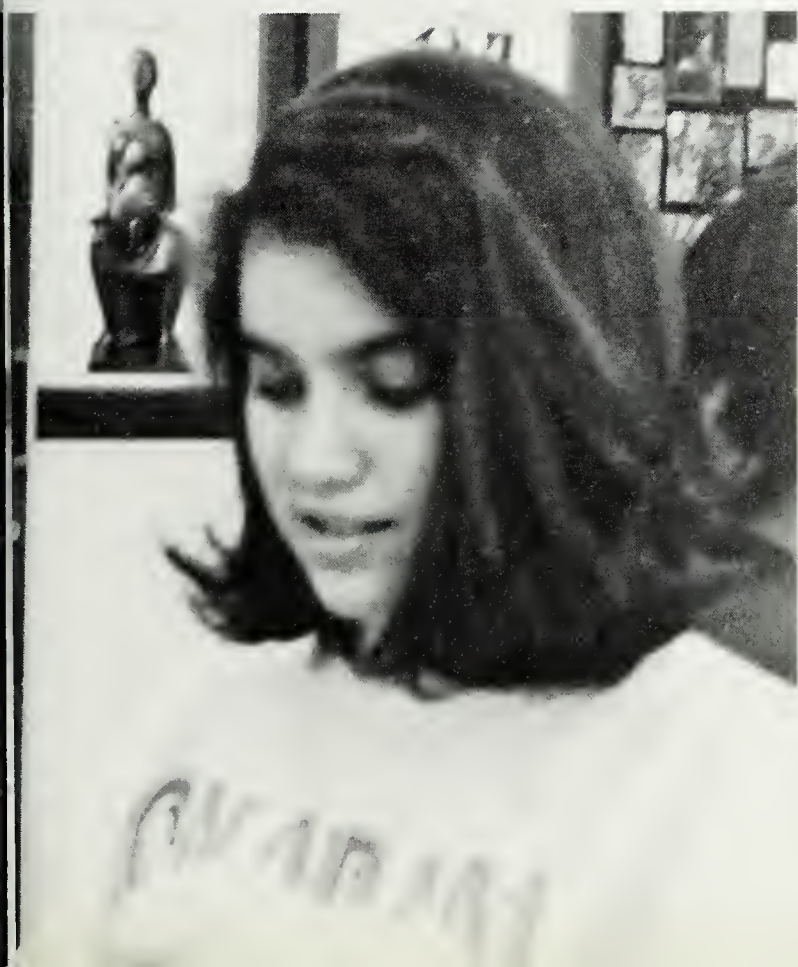
"Art gives me a chance to be creative with my thoughts."
-- Alvin Porter





Members of Mrs. Carolyn Leggett's art class begin molding clay for a project. The students enjoyed using their creativity.

Lisa Weatherall shares a laugh with a friend over the funny sculptures they are making. Art was not all work, students had time to play around with their projects.



Mindy Bushey works diligently on her paper sculpture. Art gives students time to use materials other than paint and clay to be creative.

Lisa Hopkins reviews her notes on the fundamentals of Art shown on the blackboard.

Music

Taking It An Octave Higher

This year the Music Department was extremely busy. The Chorus participated in the Cher Concert with three other area schools. They also joined with several schools and the University of North Carolina Glee Club to present a spectacular event at Gar-Field.

The Band Department presented two major concerts this year that earned them many "well done" comments. The Band also spent a great deal of time preparing for their March Festival.

Besides their "road" shows, both the band and chorus treated the student body to numerous glimpses of their talent.

The Holiday concert, the Madrigal and marching music at football games are but a few of the events we were able to enjoy. Heather Bumbler sums up how students feel about their music, "Band takes a lot of hard work and dedication. It pays off after a concert, when you know you have done your best."



Mr. Zolman and Mr. Weberg help some chorus members to understand the arrangement of a song they were practicing for a concert.



All cleaned, tuned and ready to go! Did you ever stop to think that a musical instrument is nothing but a dust collector unless there is someone who knows how and wants to play it.



With Pride!! The Pride of Potomac Band moves in formation to another of its traditional presentations at a home football game. Its always interesting to watch their marching formation and hear their lively music.



Large and in charge, Richard Smith gives his sax a workout. The band's sax section could be counted on to help fill the air with some good sounds.



Stacie Simmons runs through some notes as part of her practice. It takes real talent and a lot of practice to make what is really just some wood and other things to produce some enjoyable music.

Staying Healthy and Safe

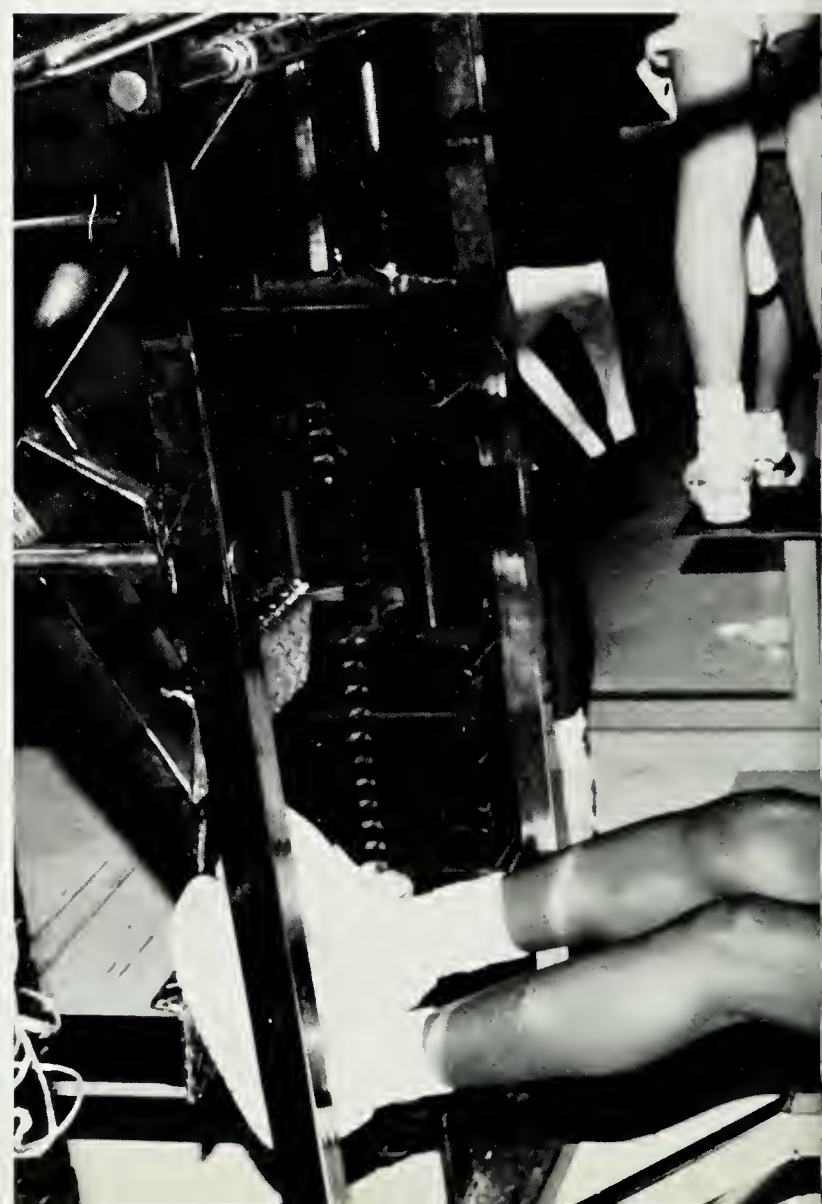
For students in their freshman and sophomore years, physical education classes are required. The classes, intended to promote healthy living, include such sports as archery, tennis, basketball and other physically demanding activities. Students learn quickly that becoming and staying physically fit takes a great deal of effort, time, and creativity.

Besides learning how to stay in good physical condition, students are taught skills that will last them a life time. CPR and the "Hug of Life" are just

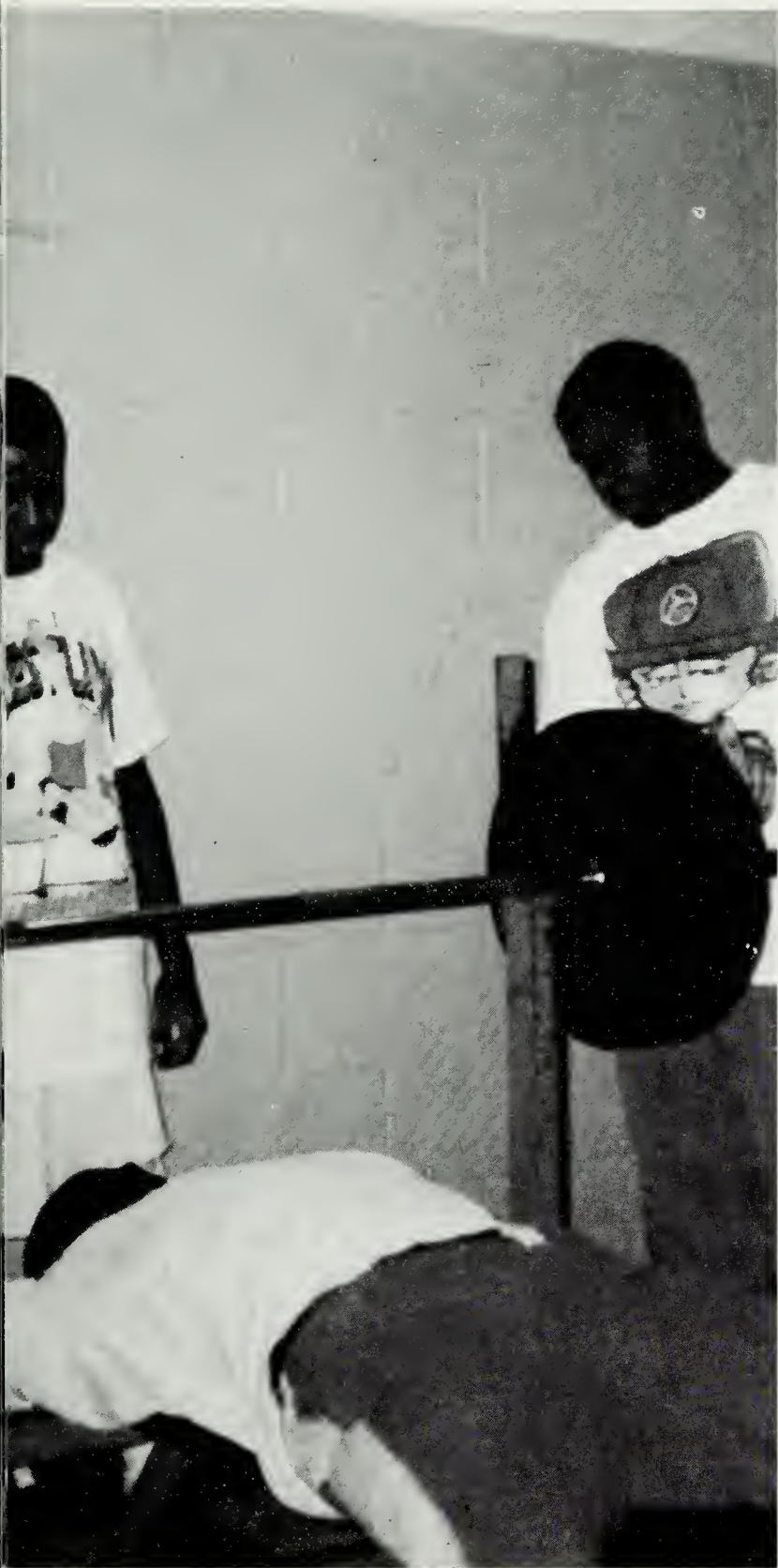
some of the important procedures they learn. Students also receive information on disease prevention and the need to maintain a healthy mental outlook on life. Additionally, those students who choose to take advanced P.E. courses (junior/senior years) are given the opportunity to develop their knowledge (practical and theoretical) of all sports.

For many, the "Range" course is one of the most important they will ever take because it helps them qualify for their driver's license. Students must pass a writ-

ten phase, have their driver's permit and pay a not so small fee for the privilege of learning how to operate a car in a safe manner. "The classroom part gives sophomores the basic driving rules and the range gives them behind the wheel experience," stated Ms. Gregory, a certified Driver's Education instructor. For those who do real well in the course sometimes there is an added benefit - a reduction in insurance cost as long as students remember to use the lessons they learned in class. — Jennifer Gilmer, Denise Truax.



Myla Spencer receives some encouragement from Latrice Green while working on her calf muscles. Myla put her P.E. training to good use as a member of the track team.



Ken Cole, Gary Rose, and Isaiah Bolding check out Steve Harding before he starts his bench work. Safety, particularly when working with free weights, is an important part of physical conditioning.

"...practical behind the wheel experience." -- Ms. Gregory

Reversing is considered one of the most difficult tasks of driving. Sophomore, Roy Caterdal shows how he has mastered the task as he backs out of a steep driveway.



Moria John-Williams works with 170 lbs. of weight to strengthen her legs. Students were taught how to vary the amount of weight and type of exercise to develop muscle groups.

Mr. Jerry Gardzeil watches over the beginner range to make sure drivers avoid fender benders. The school's driving range is a safe place to learn how to drive responsibly.

Thinking Critically

“Why do you need to know all of this English? We know how to speak it, and that’s all that matters, isn’t it,” asked sophomore Thomas Kurylo. Sophomore Adam Wagner stated, “English is hard this year. In fact, I am failing English and passing Spanish.” How can that be? Maybe Adam should move to Mexico? Well, no! This year teachers are trying to get students to think critically and that can be tough on everyone.

The English department is focusing on showing students how to think, and express themselves in written and oral formats. Learning to think critically and using

the results is very important in English and in life.

Teachers believe that they need to make the students think in the classroom about what they are learning. Sometimes, students get distracted and this is a productive way for their minds to develop and stay on track.

By using the methods of critical thinking, students quickly realize that this is something they use everyday. It is important for students to learn to think, speak, and write critically. Whenever one makes a big decision, the conclusion is drawn from weighing advantages and disadvantages. This is what critical thinking teaches -

how to strengthen our skills in making decisions quicker and better, in or out of school.

“English is supposed to be easy, we already know how to speak it. Yet, it has become one of my toughest and most challenging subjects,” said junior, Scott Vandesand

The English department doesn’t just teach critical thinking, as stated by Ms. Mary Sandra Moller, “The students have worked on many different things this year including short stories, critical thinking and discussions on topics such as racism.” Mrs. Faith Holcombe sums it up, “I want to make the kids think, when they think I know they are learning.”-- Barry Blake

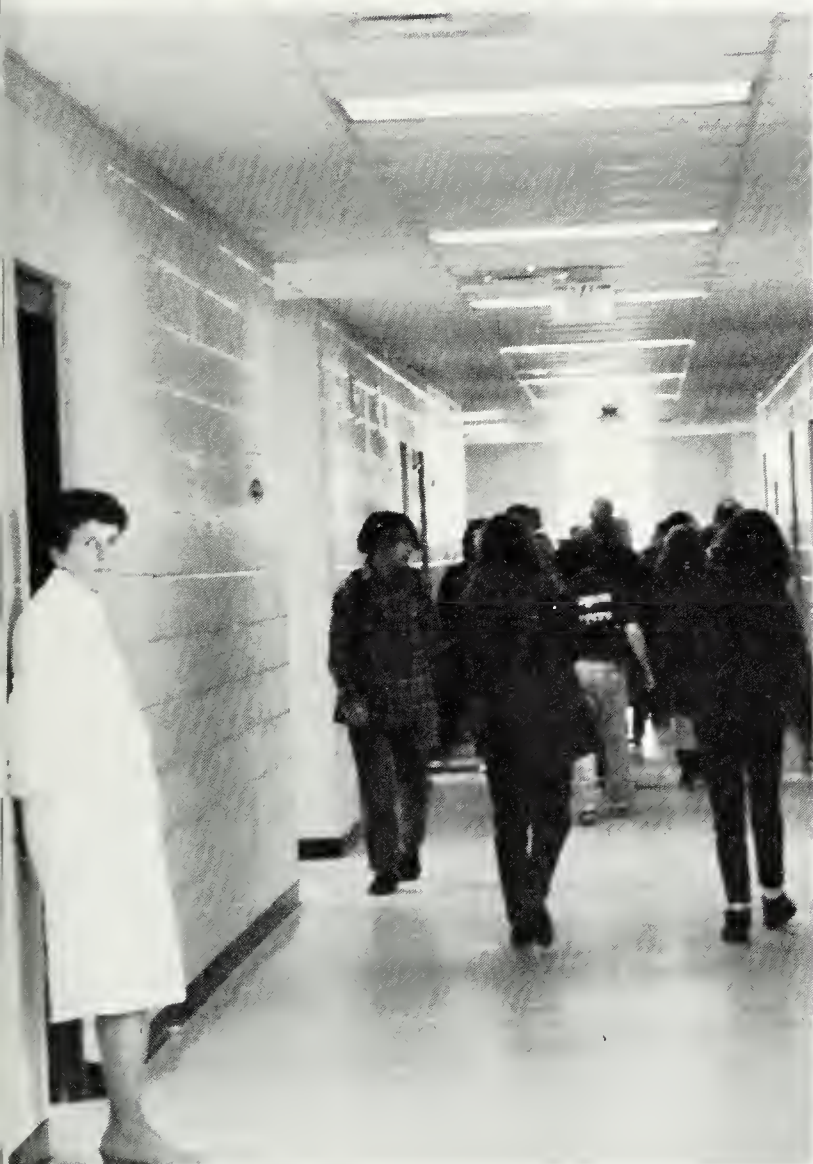


Mrs. Harryette Eden shows some of her true self as she hams it up for the camera. It is hard for some students to believe that teachers also like to "play."

Mrs. Abler interprets part of a reading assignment. Sometime, students need a little extra help in understanding the symbolism of an author's work.



Students in Mrs. Harryette Eden's class work together on a class assignment. Working in teams lets students explore, using each others' ideas, to draw out a single conclusion.

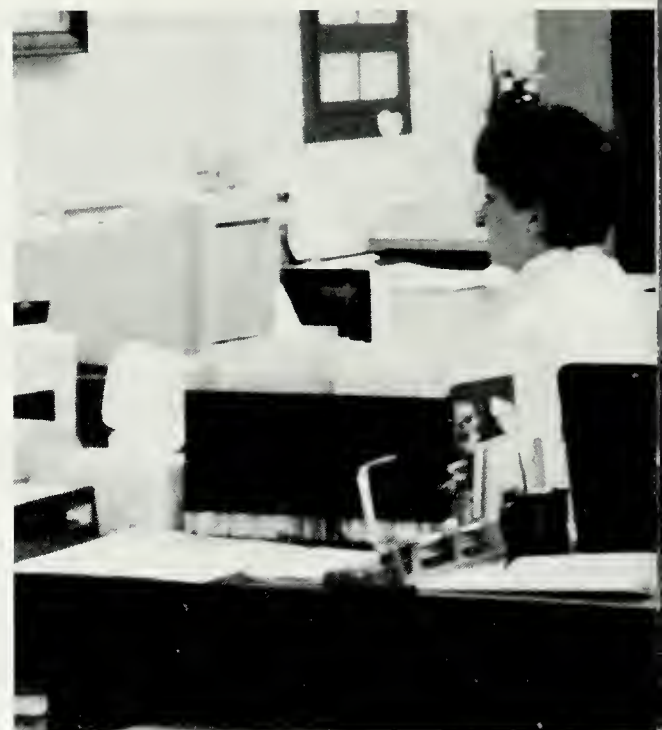


Brian Abell, Charley Scott, and Chris Crowder contemplate a problem in their GEMS class. GEMS classes give a students an opportunity to approach solutions differently and explore alternative thinking.

Mrs. Faith Holcombe stands outside to greet her students during class change. Some teachers liked to greet their students at the door, almost like welcoming them to their home.



Just Pictures...



(Upper left) Dion Toliver gives a helping hand by sweeping the halls. Some students, performed community service because they wanted to, others did it because they had no choice.



Go Panthers !!!! Students show their spirit at the basketball game against Woodbridge.

The light of knowledge. Another day begins at our great school.





Mrs. Dora Wybersky works hard at her desk. Some days seem like they will never end.



Having fun in the snow or ice. We became familiar with both this year with all the days off.



This is what the cafeteria looks like before "A" lunch period.

Shannon Stanley makes her way down the hall deep in thought.



People



Heather Hellmuth and Becky Parker take a break from a Future Homemakers of America convention, in Florida, to meet some of the "locals" at Disney World.

Jessica Winchester and Billy Bernhardt practice their lines for a theater competition. Stage work allowed students to find out a lot about themselves and to have a good time while entertaining others.

Eva Catedral, Mercedes Ortiz, and Christina Jewett check out New York City during a break in the Fashion Merchandising Convention. Students always enjoy an opportunity to visit different and exciting places.





Mike Wolter and Chris Crowder wrestle for control of a coveted wallet. The school is full of interesting and sometimes zany characters. Hope that it was worth the struggle.



American Studies II students pause for a group photo to commemorate their trip to the U.S. Capitol. Besides touring the Capitol Building, the students were able to meet with their congressional representative, Congresswoman Byrne, who explained the workings of the U.S. Congress.

Quincey Queen, Steve Horn and other Panthers display their school spirit while attending a football game. We have spirit. Go Cats!!

Giving a helpful hand, Tina Bickel pushes a little girl's wheel chair to a classroom. Tina was one of several students participating in child-care classes.

Pat Honore takes time out to show perfect form after hiking a ball. Any football lover knows that a perfect hike by The Center is a work of art.

Class of '94



Shannon Washington and Tony Johnson check out Potomac Mills after school. The "Mills" was a favorite place to meet friends or to earn some money to support your social life.

Yes! You are right. Chris Wakefield is not describing his last test. He is reacting to the '70's polyester revival during Homecoming Week. To bad you can't see this picture in color.

Mandy Lake feathers her oar nicely at a Saturday morning practice. While crew is a highly competitive sport, an early morning practice can actually be relaxing.

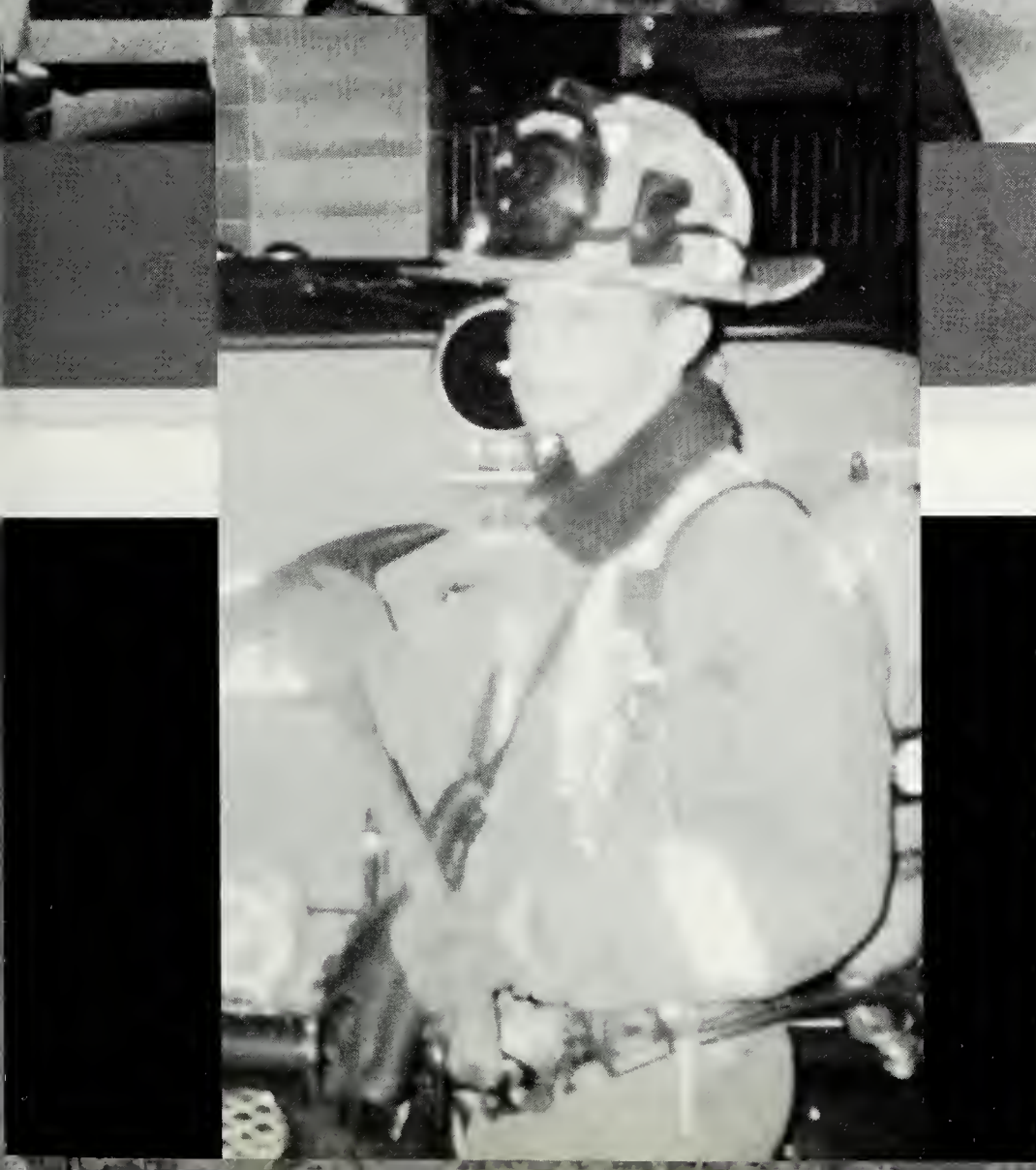




Memories of a different kind!

I can remember having to run to Biology class when I was a freshman. I never wasted time in the halls, rather I used every second between the bells to get to class. Feeling like the stereotypical freshman, I would show up late sometimes, by my estimation no more than a half second late, panting and my hair looking like it was plugged into an electric socket. From their laughter, I guess the upperclass students in my class seemed to enjoy the spectacle I created. After a while, even I smiled. However, Mr. Scarr never laughed. He just recorded the tardies which eventually had a negative impact on my grade - taking me from a "B" to a "C+". This bothered me a lot. I complained, wined, and contemplated the ways I could sabotage (but didn't) the school's bell system. After dealing with my frustration in an "adult" like manner, I began an exercise program which helped to reduce the time I needed to run to my next class and upped my Biology grade to a "B" before the end of the year. -- Scott Gordon

My high school memory is not as exciting as Scott Gordon's. Ten years from now, I will definitely remember the friends I made. I also believe that I won't forget having to hold my breath going into the bathroom hoping that the cigarette ashes on the toilette seat would not stick to me. I've often wondered if there was a special strategy I missed during orientation that would have helped me to overcome the smell and ash marks I collected. — Eva Catedral



Seniors sometimes like to get away from it all, Pam Smith does just that as she takes advantage of the weather to stroll around picturesque Georgetown.

During a lunch break Scott Gordon shows Eva Catedral and Mercedes Ortiz how he likes to get his daily Vitamin "C" - chomping on an orange peel.

Senior Class President, Jack McGovern, like many other students, is committed to supporting his community. Jack donates his time and skill fighting fires, while others provide emergency medical service, tutoring, or simply a helping hand to those in need.



Brian Abell



Kerri Adams



James Agnew



Chad Allen



Eric Ambler



Andy Anderson



Christy Anderson



Tomika Anderson



Karen Andreno



Celina Aragon



Jaime Ardaiole



Dorita Bailey



Kelly Banks



Kim Barnett



Dawn Bellamy



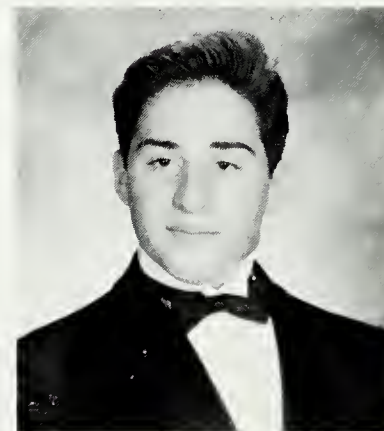
Courtney Benton



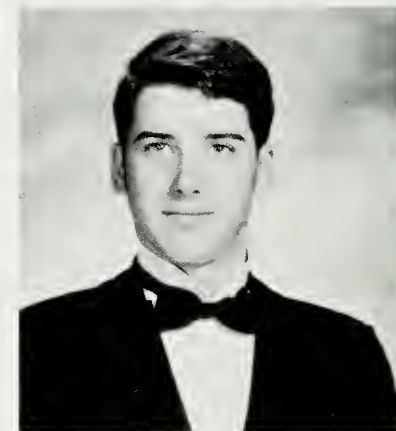
Karen Betton



Tina Bickel



Lawrence Birello



Andy Blake



Gregory Blankenship



Susan Blanton



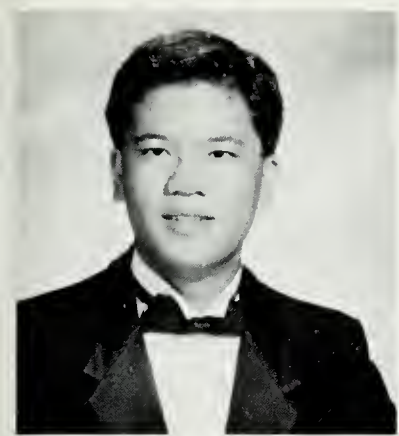
D'Angelo Blount



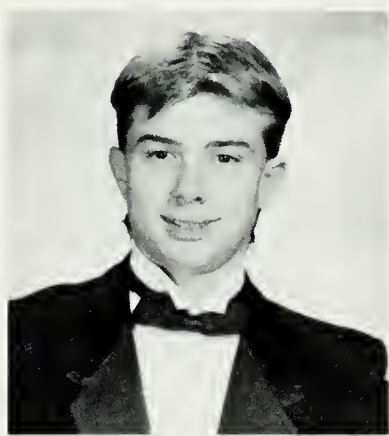
Isaiah Bolding



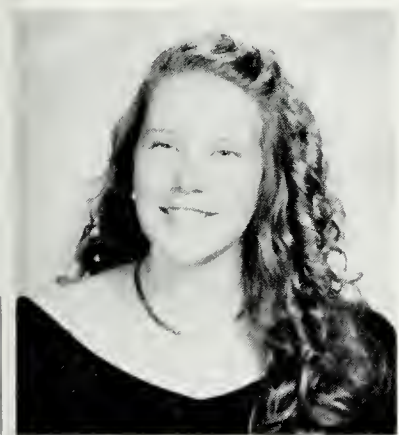
Blythe Bonner



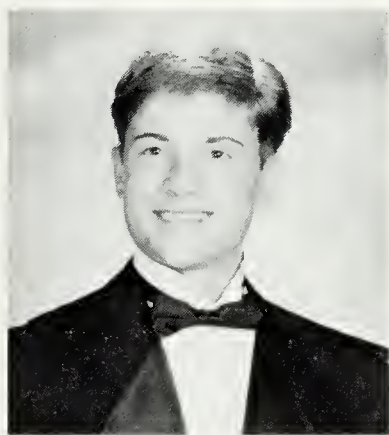
Gerasimo Borneo



Thomas Bouchard



Alexandria Bourcier



Matthew Boyd



Michelle Coxton, does her Groucho Marx routine after a Choir Concert.



Alan Bradley



Daniel Brothers



Dora Brown



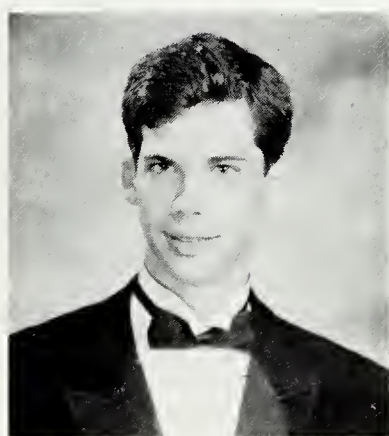
Kimberly Brown



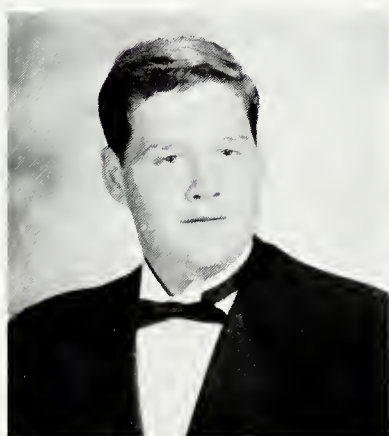
Lori Brown



Keith Browning



Ryan Bubb



Seth Burke



Tina Caldwell



Carrie Caplanis



David Caramanica



Efrain Carrillo



Micheal Carver



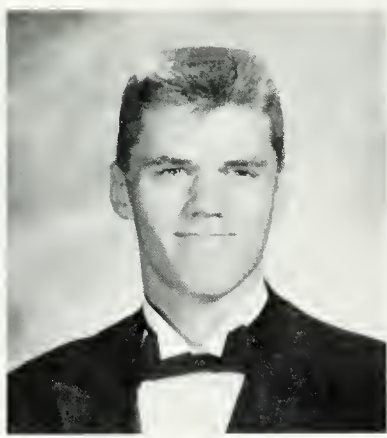
Jeanie Cassidy



Eva Catedral



Saovarac Chounramany



Christopher Churchill



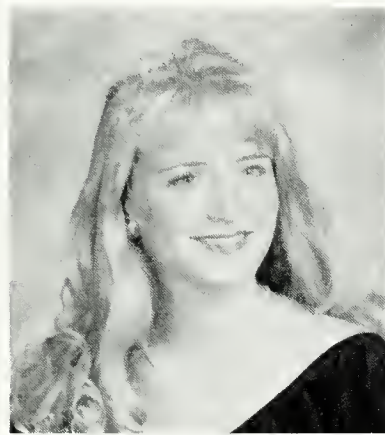
Julie Clark



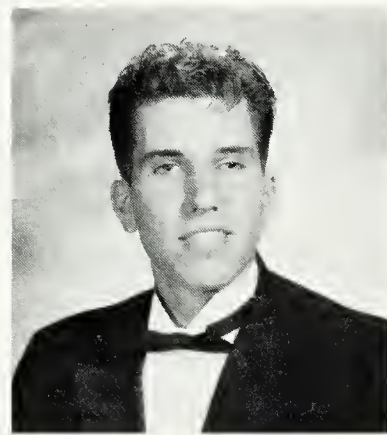
Dorothy Cobbs



Vincent Cockerham



Nora Collins



Robert Courtage



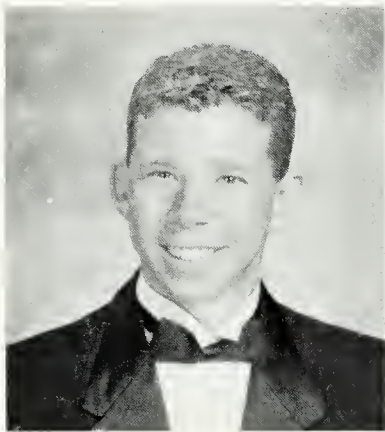
Michelle Coxton



Christopher Critchfield



Arnelle Croom



Christopher Crowder



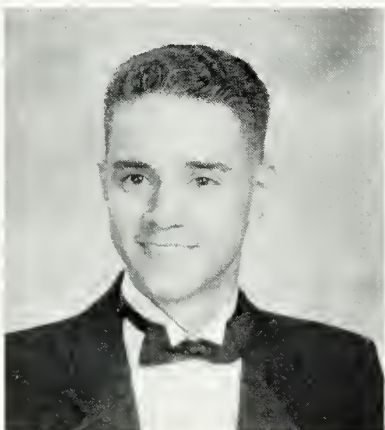
Jermaine Curtis



During a government class, Christy Anderson discusses why she believes televised U.S. Senate hearings should be continued.



Mike Daho



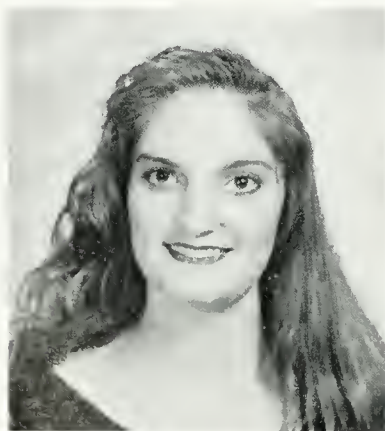
Michael Denault



Christina Denton



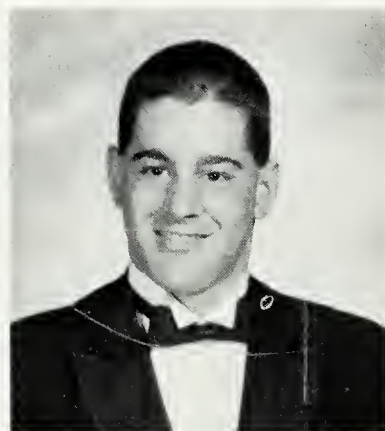
Eric Dixon



Danielle Dodson



John Dodson



Edward Donahue III



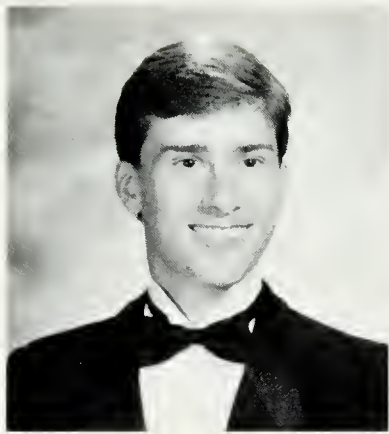
Steven Doss



Patrick Dowd



Rebecca Dowell



Mark Dudley



Latessar Elliott



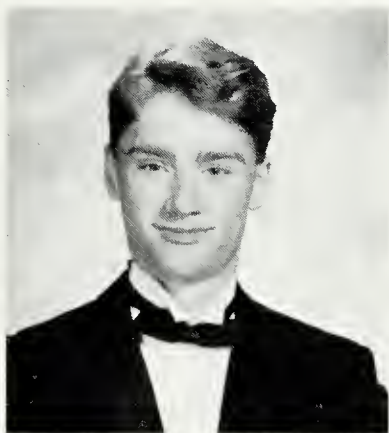
William Ellis



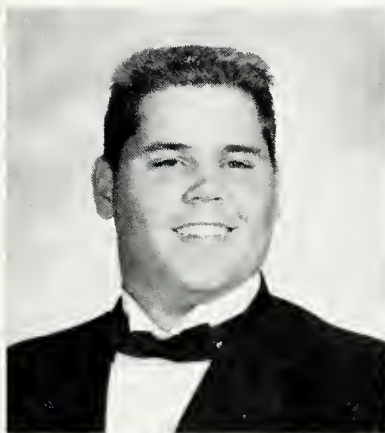
Carmella Empey



Tracy Estep



John Fair



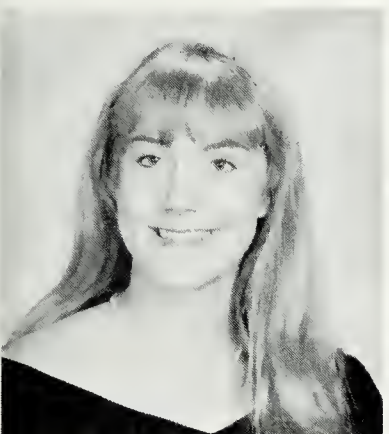
Adam Faltinowski



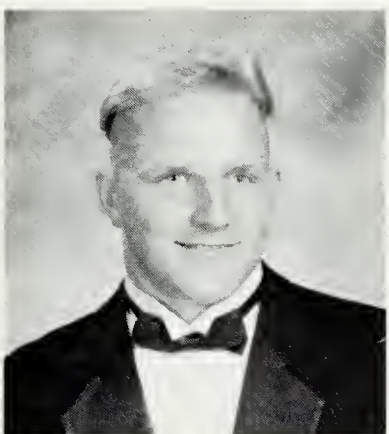
Sarah Faunce



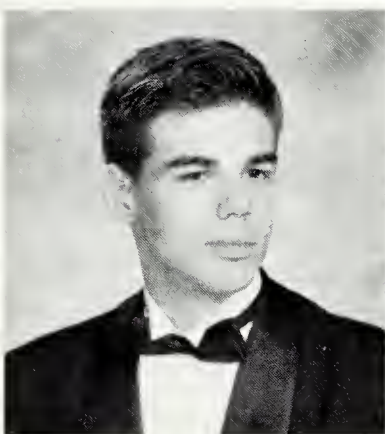
Torria Featherston



Crystal Ferguson



Jeremy Fielding



Sean Floars



Jose Flores



Ian Flynn



April Ford



Jarel Ford



Linda Forsythe



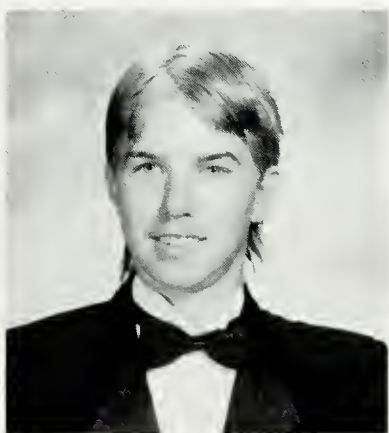
Olga Forsythe



John Foster



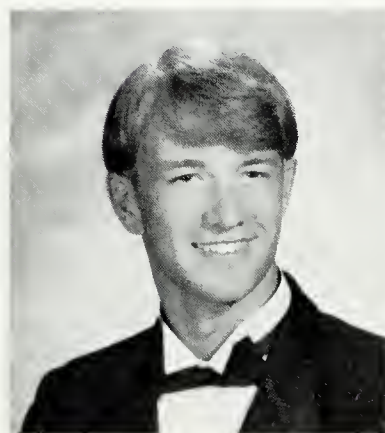
Sharonet Foster



Leon Fox



Chris Franklin Jr.



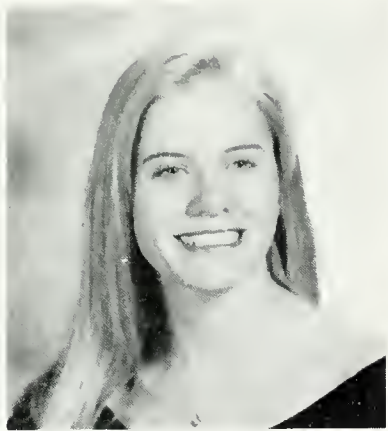
Scott Furbee



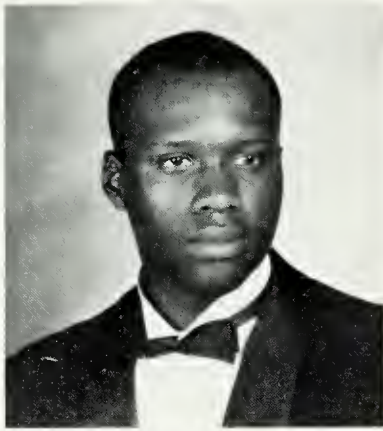
Venita Garcia



Jennifer Ghisolfi



Jennifer Gilmer



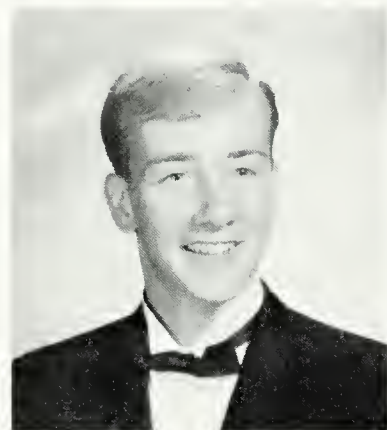
Demetrius Golden



Jaun Gomez



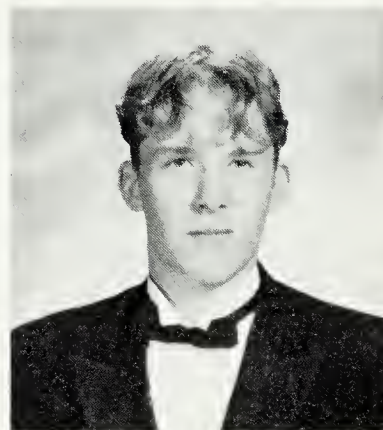
Jennifer Gooding



Ian Goodman



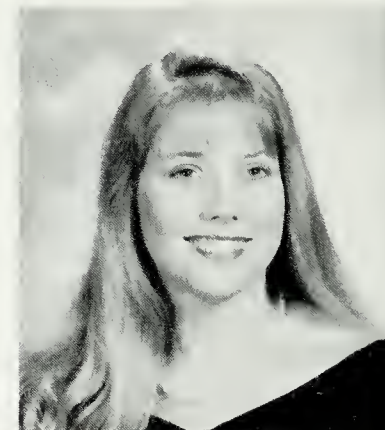
Meredith Goodwin



Scott Gordon



Suzette Graham



Angela Gray



Angela Green



Hope Green



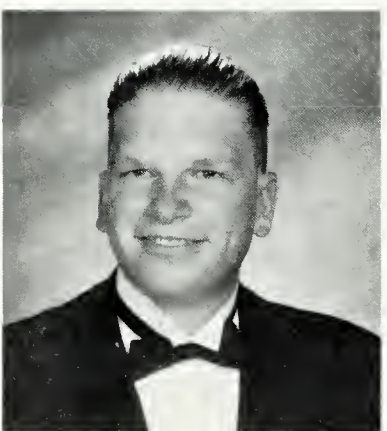
Nyoaka Green



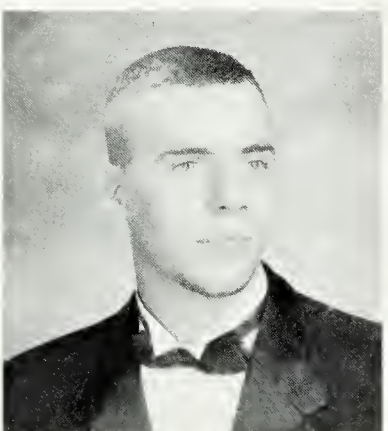
Jennifer Greene



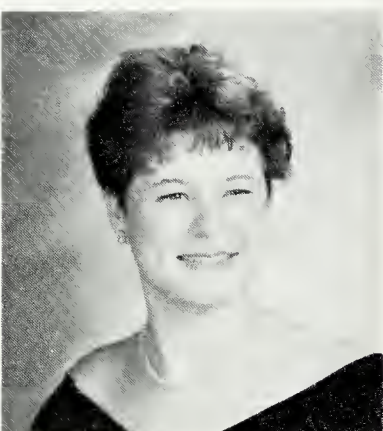
Angela Griffith



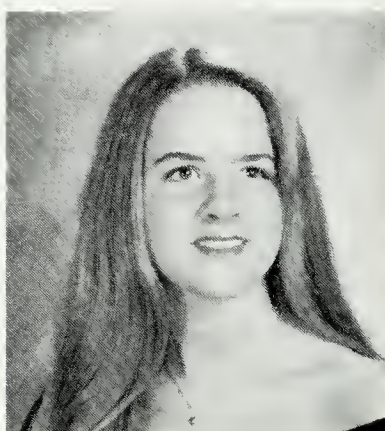
Christopher Haas



Myron L. Hardy, Jr.



Amanda Hayes



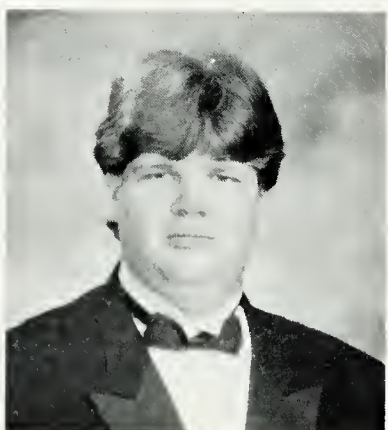
Carolyn Heinzmann



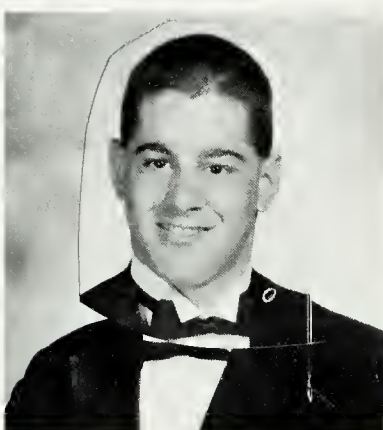
Heather Hellmuth



Micah Henry



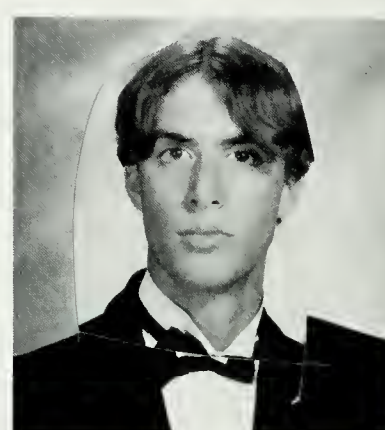
Eric Henson



Brian Herdt



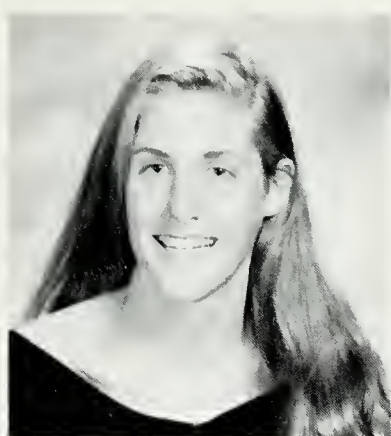
Amy Heywood



Terry Hinegardner



Derrick Hines



Helen Hines



Jamie Hinkle



Lisa Hopkins



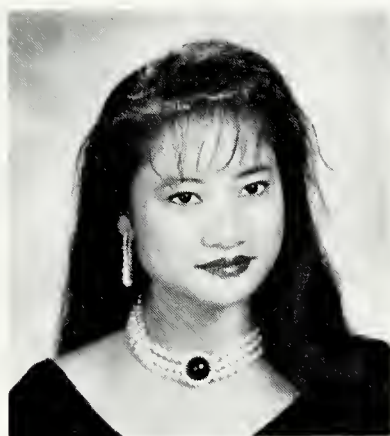
Jeffrey Hooper



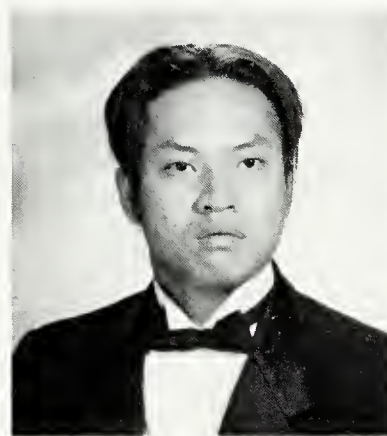
Yong Hong



Tanisha Howard



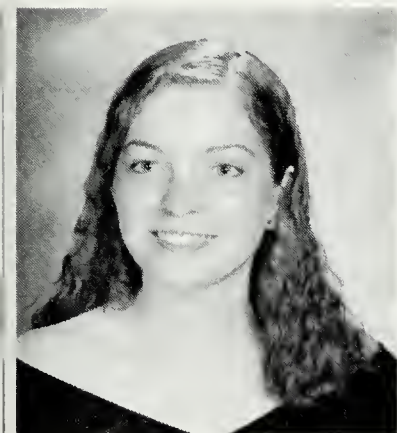
Phokham Ienemanyvong



Phongeu Ienemanyvong



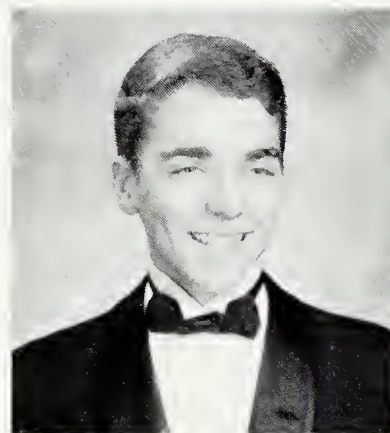
Emily Jarabak



Jennifer Jarvis



Christina Jewett



Anthony Johnson



Latasha Johnson



Miranda Johnson



Monica Johnson



Monique Johnson



Shannon Johnson



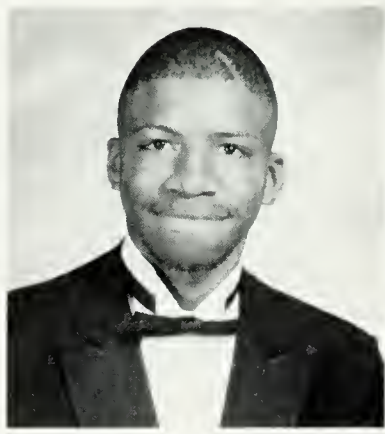
Troy Johnson



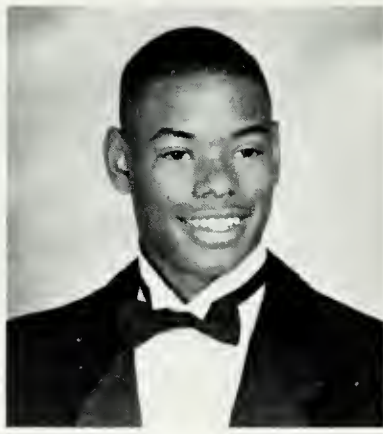
Want to know how interesting some government class info can be? Ask Daniel Brothers!



Benjamin Jones



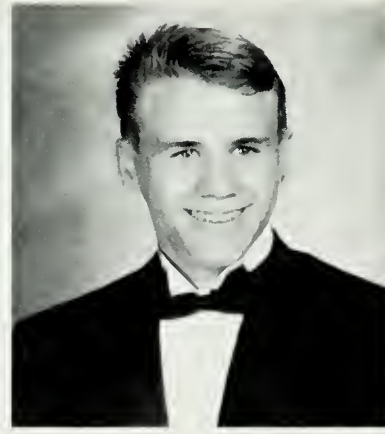
Joel Jones



Reginald Jones



Sheila Jones



Steven Justice

SENIOR POLL

FAVORITE HANGOUT

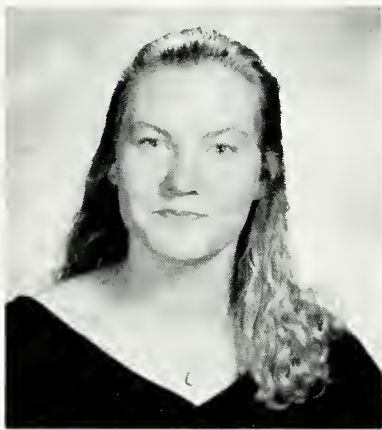
- 1. Friend's House*
- 2. Potomac Mills*
- 3. Anywhere but school*

FAVORITE SPORT

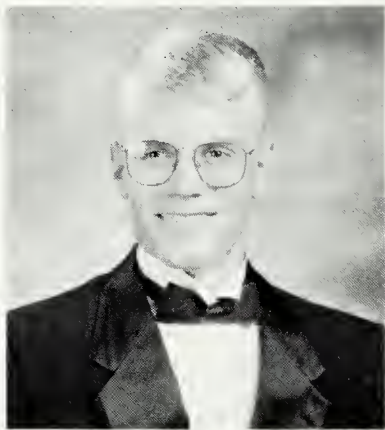
- 1. Football*
- 2. Basketball*
- 3. Baseball*

FAVORITE MUSIC GROUP

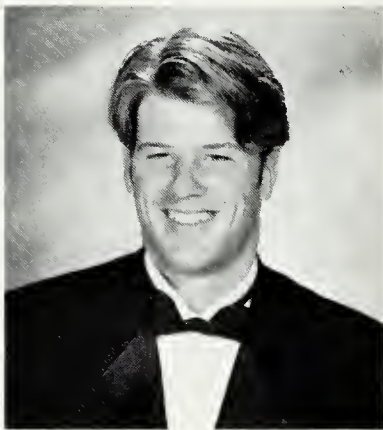
- 1. Pearl Jam*
- 2. N.E. Groovers*
- 3. Boyz II Men*



Helene Karlberg



Ethan Kent



Sean Kirkhart



Glendale Kirkland



Sunny Klevin



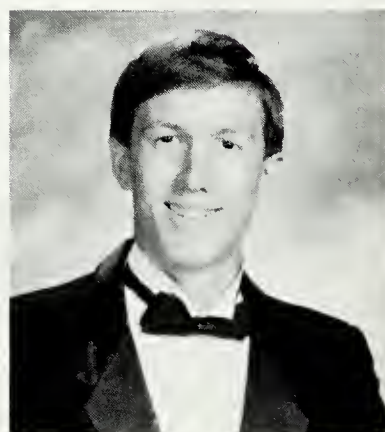
Brenda Kitchen



Heidi Knight



Jennifer Kraft



Matthew Kurylo



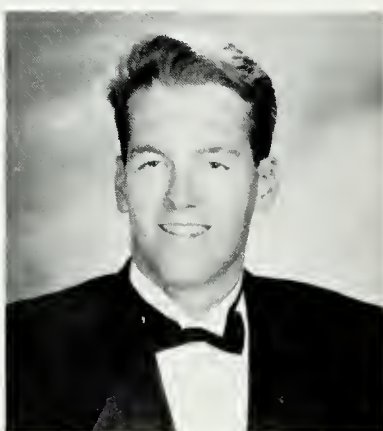
Amanda Lake



Kenneth Lawrence



Jeremiah Lazenby



Brian Leavitt



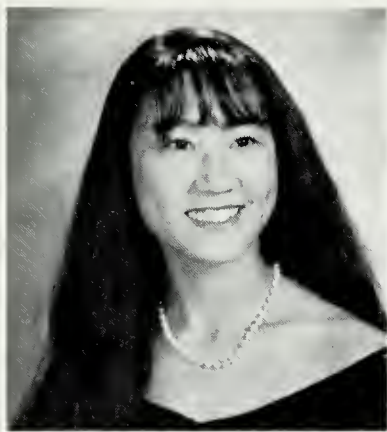
Michelle Lechner



Amanda Lee



Sam Lee



Yung Lee



Karla Leopold



Refiloe Lethunya



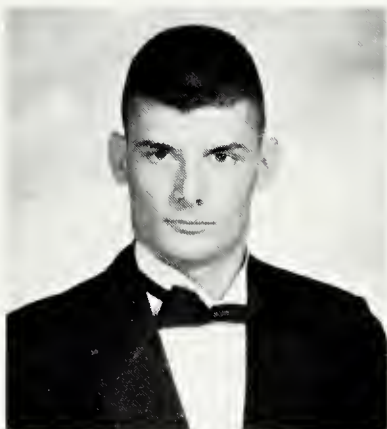
April Lewis



Reyann Littrell



Perla Lorenzana



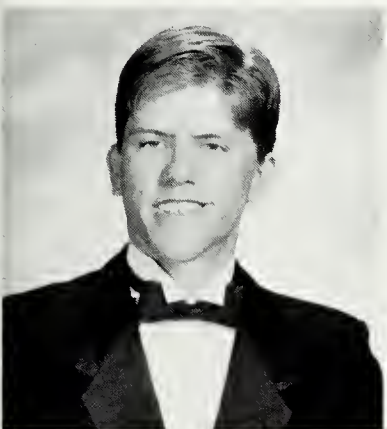
Daven Loy



Stephanie MacFarlane



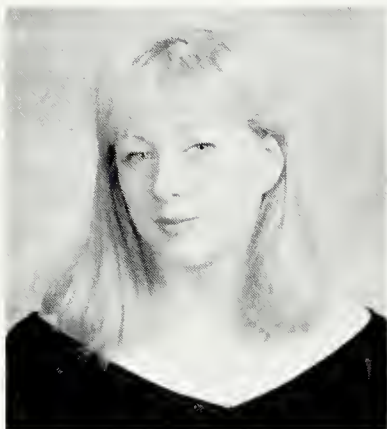
Angela Madagan



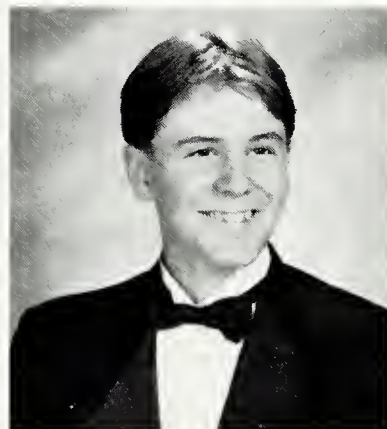
Butch Mahaney



Deepa Malladi



Kelly Malone



Paulo Martinez



Vivian Marzan

SENIOR POLL

FAVORITE SONG

- 1. The Joker*
- 2. Again*
- 3. The Rose*

FAVORITE SAYING

- 1. Save it!*
- 2. What's up?*
- 3. That's cool*

FAVORITE PICK-UP LINE

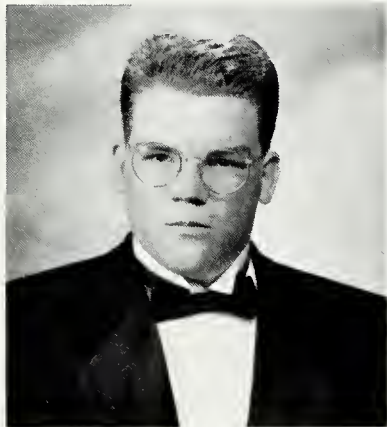
- 1. Do you have a quarter?*
- 2. What's your sign?*
- 3. Hi!*



Kari McCarley



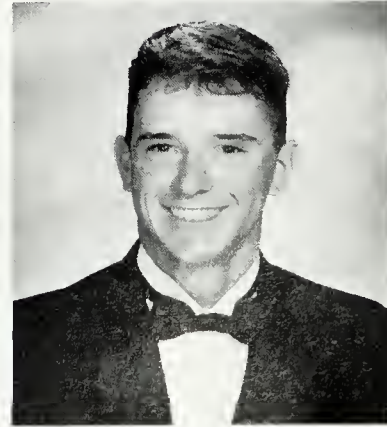
Ashley McCormack



Bryan McDonald



Laurel McDonald



John McGovern III



Jenna McGuire



Kelly McIntosh



Alona McNamara



Connie Meadows



Leslie Melvin

SENIOR POLL

OPEN LUNCH

1. *Taco Bell*
2. *Home*
3. *McDonalds*

FAVORITE MOVIE

1. *Aladdin*
2. *Strange Brew*
3. *A Few Good Men*

ADVICE ON AIDS

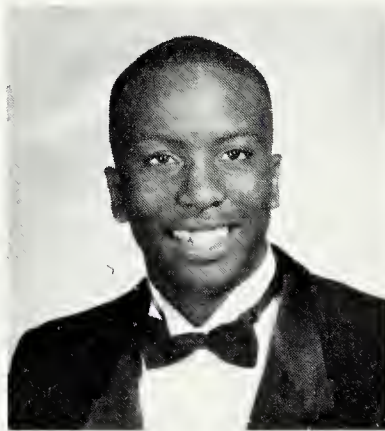
1. *Protect yourself*
2. *Find a cure*
3. *Learn facts*



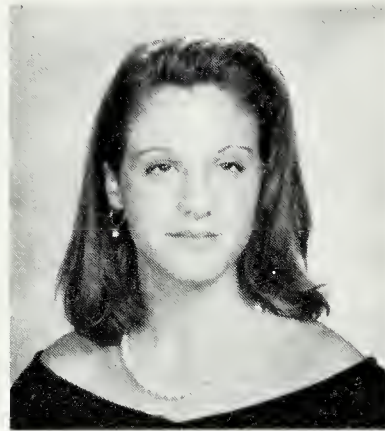
Jeanmari Michael



Jamie Morrow



Braxton Mullen



Tamara Neidig



Sean Nieves



Mercedes Ortiz



Chris Outlaw



Jodi Overand



Rebecca Parker



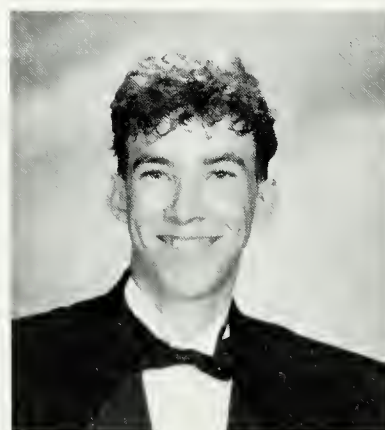
Paul Patterson



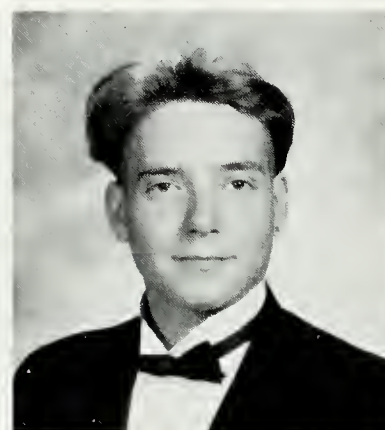
Troy-Ann Patterson



Jessica Pavia



Karl Peskie



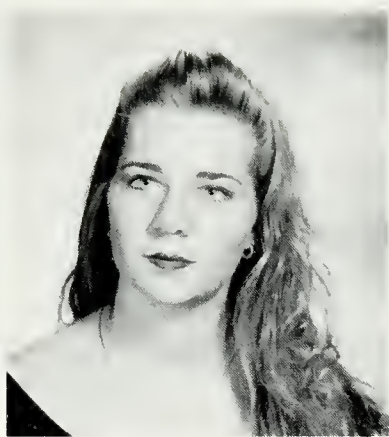
Robert Pike



Michael Pittman



Deborah Prespare



Lindsey Priestly



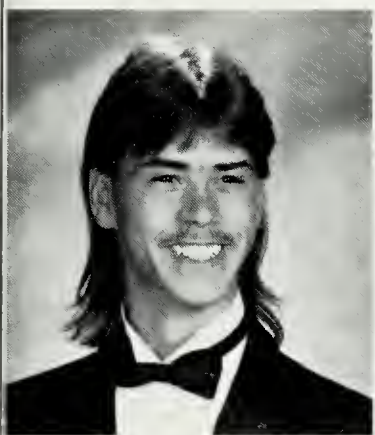
Robyn Purdy



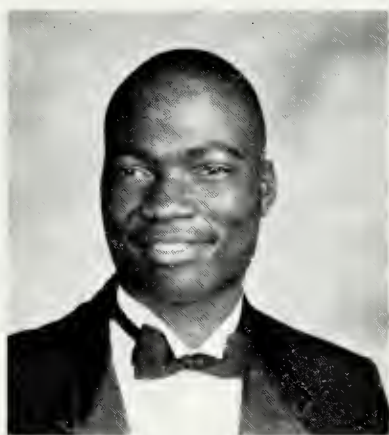
Julio Quintero



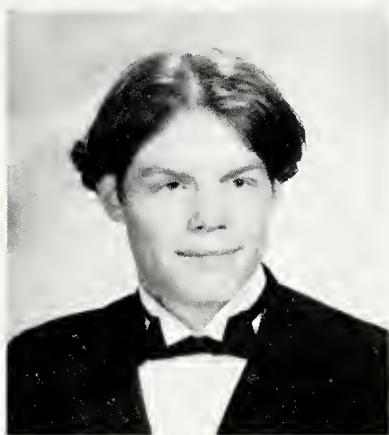
Azure Rae



Shane Rakes



LaShawn Rankin



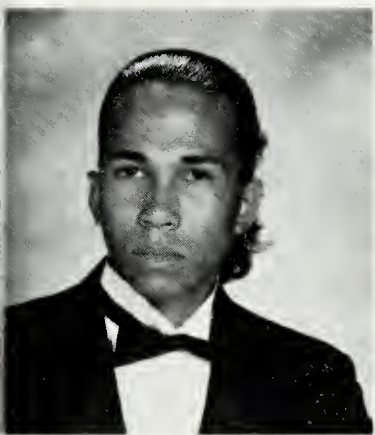
S. Nathan Rasmussen



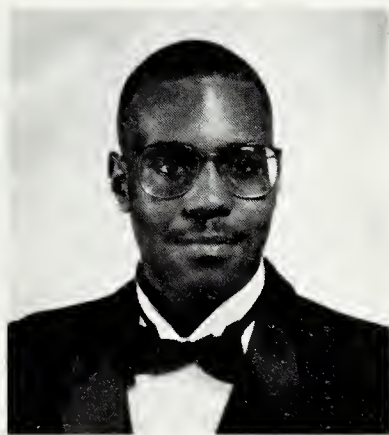
Kimberly Reiter



Demetrice Reeves



Justin Rillon



Marlon Ringo



Sarmarra Robinson



Kim Rooker



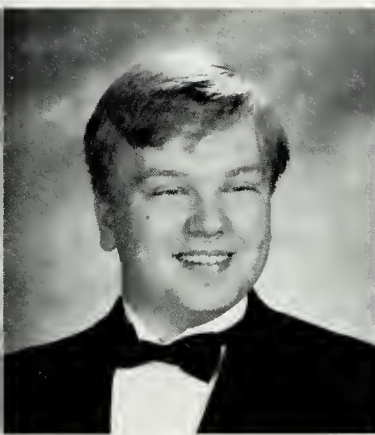
Tammy Ruhren

SENIOR POLL

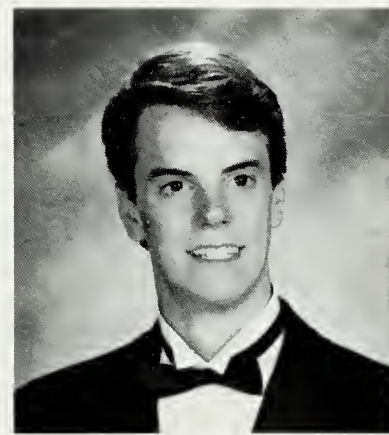
Favorite Cartoon: Beavis and Butthead

Least Favorite: Beavis and Butthead

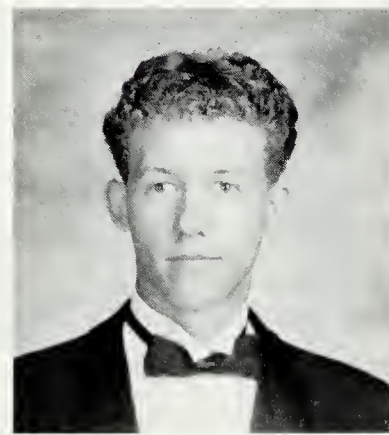
Favorite Subject: History



Eugene Rumph



Matthew Russell



Kenric Russell



Ann Saliski



Thomas Sanchez, Jr.



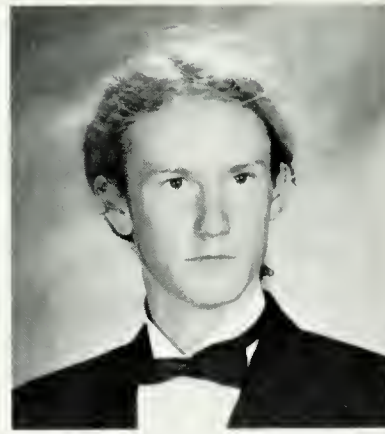
Jason Saville



Sarun Sawsiengmong



Stacy Scites



Charles Scott



David Scott

SENIOR POLL

Favorite Actor: Tom Cruise

Least Favorite: Bob Saget

Favorite Actress: Sharon Stone

Least Favorite: Madonna

Favorite T.V. Show: Martin

Least Favorite: Roseanne



Shawn Schultz



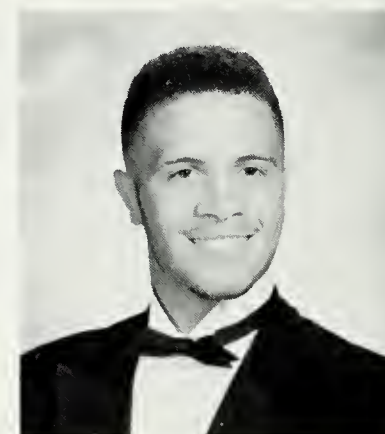
Kathryn Schwetje



Alicia Selater



Stacey Simmons



Earl Skinner



Brian Smith



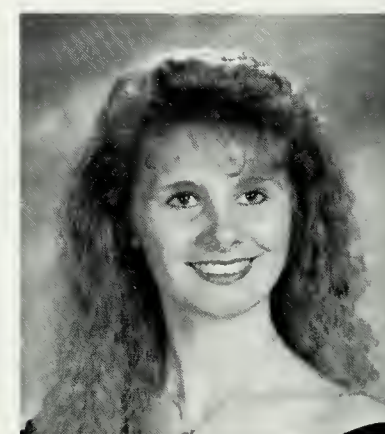
James Smith



Matthew Smith



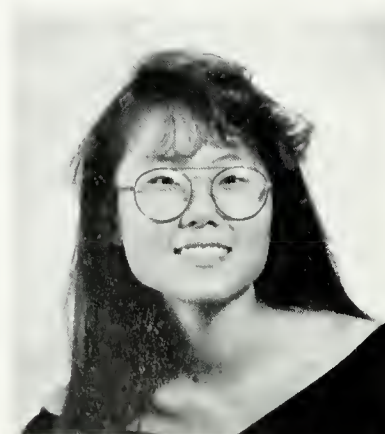
Pamela Smith



Summer Smith



Tionne Smith



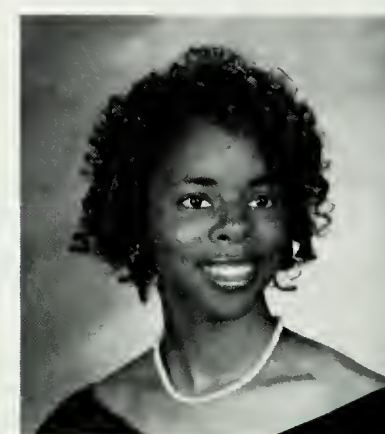
Esther Song



Curtis Sowers



Michelle Spencer



Myla Spencer



Chiquita Stallworth



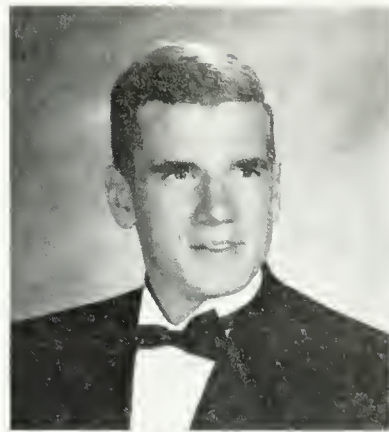
Tracy Stauffer



Candace Stevens



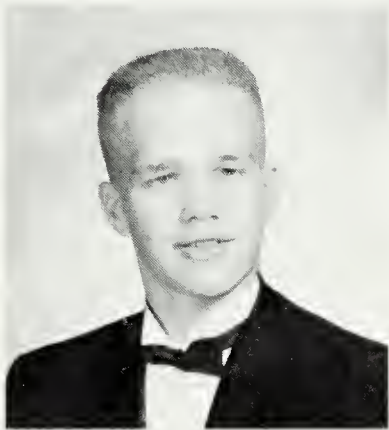
Kalpana Subedi



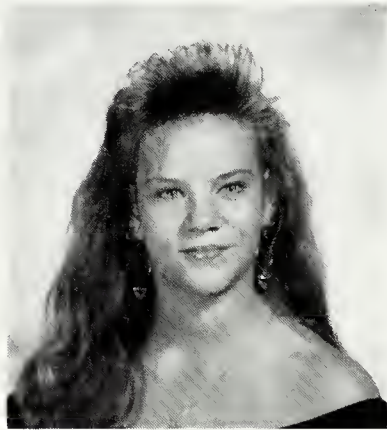
Clark Taylor



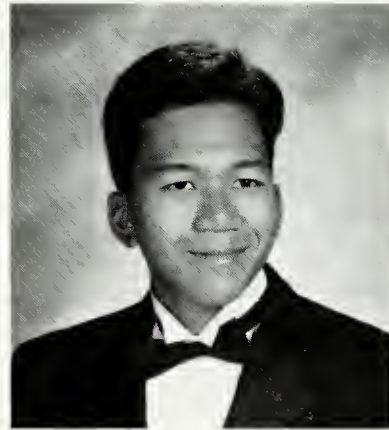
Vernitra Thomas



Bryan Thompson



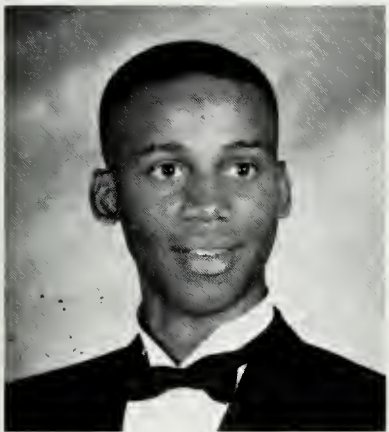
Letitia Thompson



Kenfrank Tra



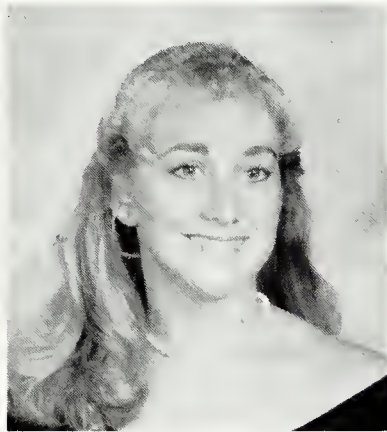
Carolyn Trexler



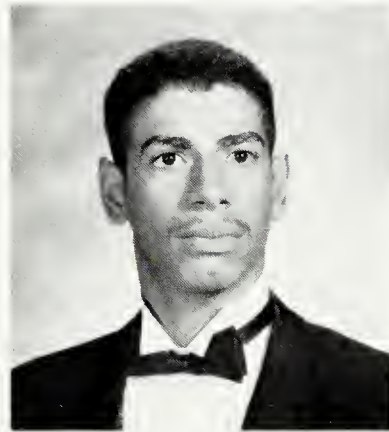
Cal Turner



Venisa Tynes



Heather Udell



William Vazquez



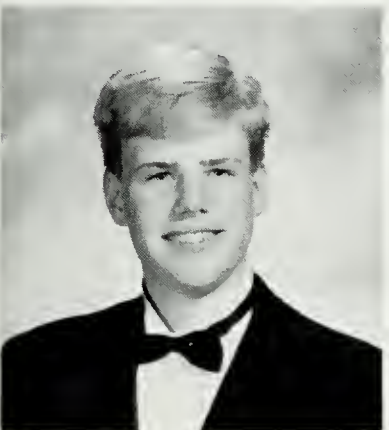
Nicole Viar

SENIOR POLL

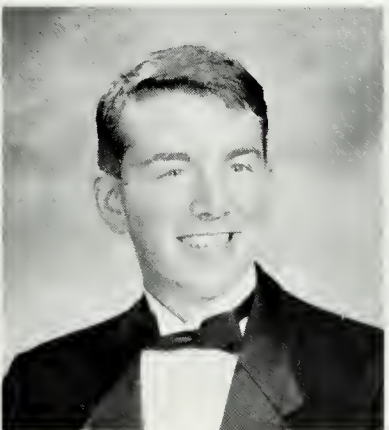
Are you going to college? Yes:80% No:10% Undecided:10%

*Does a long distance relationship work? Yes:35% No:42%
Maybe:23%*

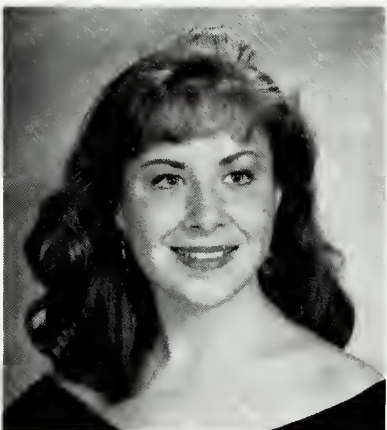
Should the drinking age be lowered to 18? Yes:55% No:45%



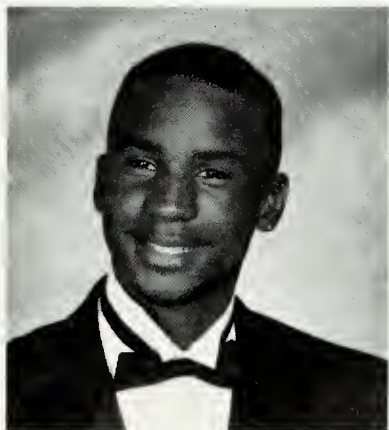
Brian Wagner



Christopher Wakefield



Samantha Wallachy



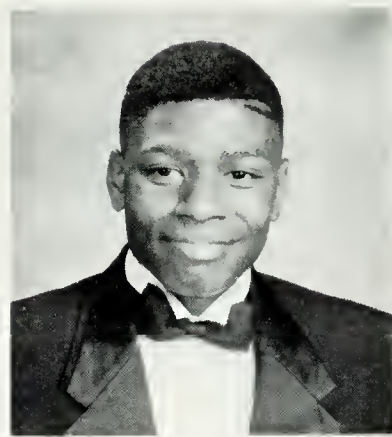
Cochise Wanzer



Robin Warr



Yes, Mr. Wakefield, I do have eyes in the back of my head - sometimes. No! You can not use Mr. Russell's arm to write your notes on.



Ernest Washington



Shannon Washington



Theresa Weitzel



Floydett Williams



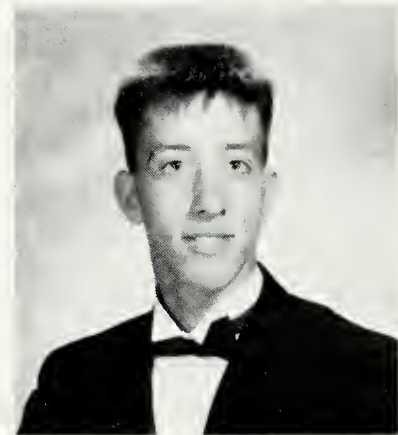
Latanya Williams



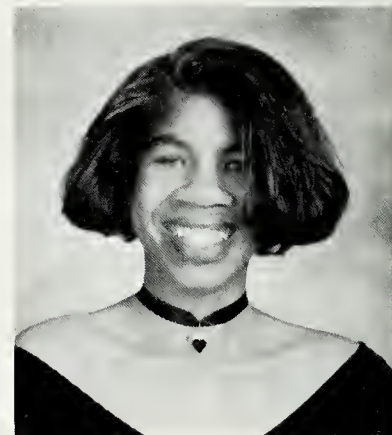
Christopher Wilson



Jessica Winchester



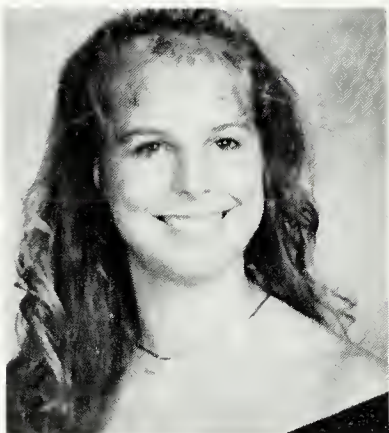
Michael Wolter



Tanisha Wrenn



Jason Wynn



Christine Yesko



"Bestus Buds" Kerri Adams and Kathryn Schwetje team up for a Madrigal Dinner presentation.



Jennifer Ghisolfi goofing off during a spare moment at home.



Jose Flores helps to get vehicles ready for the Homecoming parade.



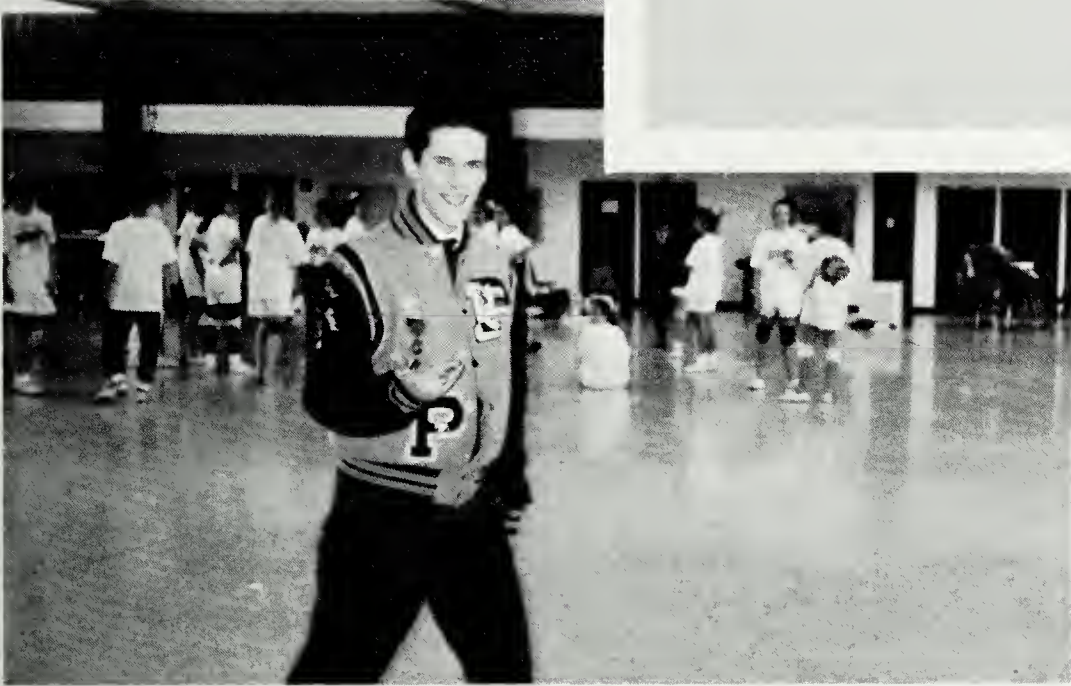
Earl Skinner looks for an open teammate to put the ball in play.

CAMERA SHY

Shawn Andrus, Roger Barbey, Kurt Barnett, Medina Bigsby, Marc Brutty, Damon Burkgart, Mary Butler, Carlos Cabanez, Jiranee Carr, Alexis Creasy, Kenneth Crevoirsier, Harvey Curtis, French Daniel, Darrell Dao, Tamara Farron, Dauveen Gunn, Christopher Haas, Anthony Haiston, Alcenia Hamn, James Hampl, Randolph Hawkins, Dwight Jackson, James Johnson, Raheem Johnson, Shirnelle Johnson, Steven Justice, Athena Lewis, Jason Long, Joann Marcinko, Jennifer Martin, Alicia Massey, Domeneke McMahan, Ayan Mohamed, Hany Morcos, Tamara Page, Jared Perreault, Melissa Rand, Eric Redmond, Karen Roy, Mark Ross, Lisa Santiago, Michell Savenko, Moria Shea, Carlos Sierra, Pamela Slater, Jennifer Stewart, Romuald Stone, Karen Sullivan, Brian Summers, Angela Sunderlin, Michael Tribe, Brian Truslow, Ennita Urista, Carey Utterback, Leonardo Valle, Sara Vanord, Wendy Whetzel, Derrick Williams, Crystal Young



Dave Caramanica demo's some American Revolutionary period clothing and artifacts during a visit to the Smithsonian Museum.

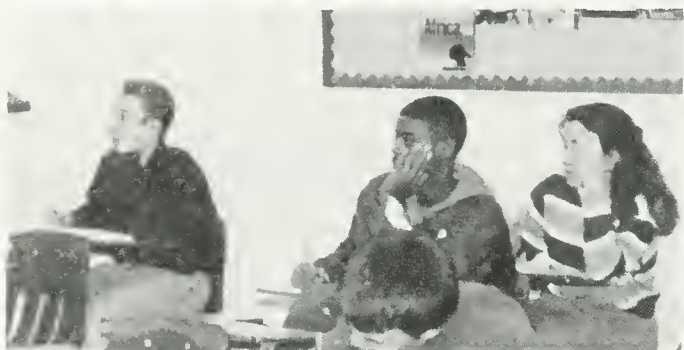


James Agnew starts to slip into character while on his way to a drama competition.



Chris Wakefield takes a few seconds to line up a critical putt.

Underclasses



Corey Fitzgerald, Corey Jackson, and Alyssa Eland think over their responses to a question in Sociology. Students enjoyed their "soc" time because of the variety of issues they dealt with.

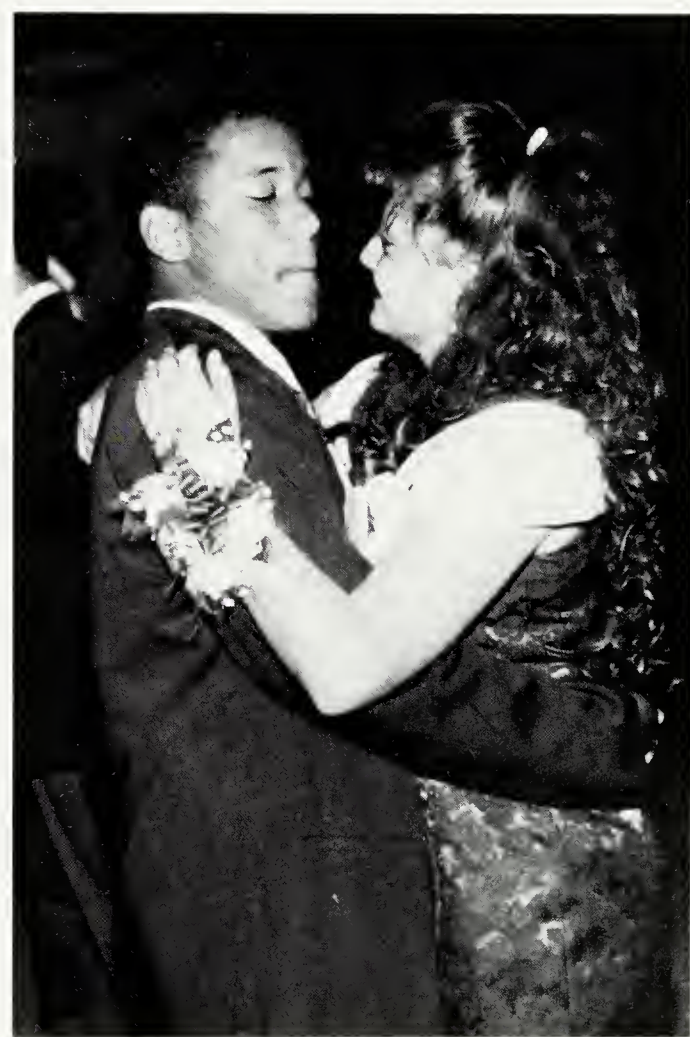
John Reiss and Jackie Christian - How much are their thoughts on the matter worth. Their critical thinking skills made the lesson a valuable one for them.

Cindi Dominy sets the ball up for her teammates to return it with emphasis to their opponents.





Richard Wagreich enjoys an in-class discussion. Students who take part in academic discussions often find them a great way to have fun and learn at the same time.



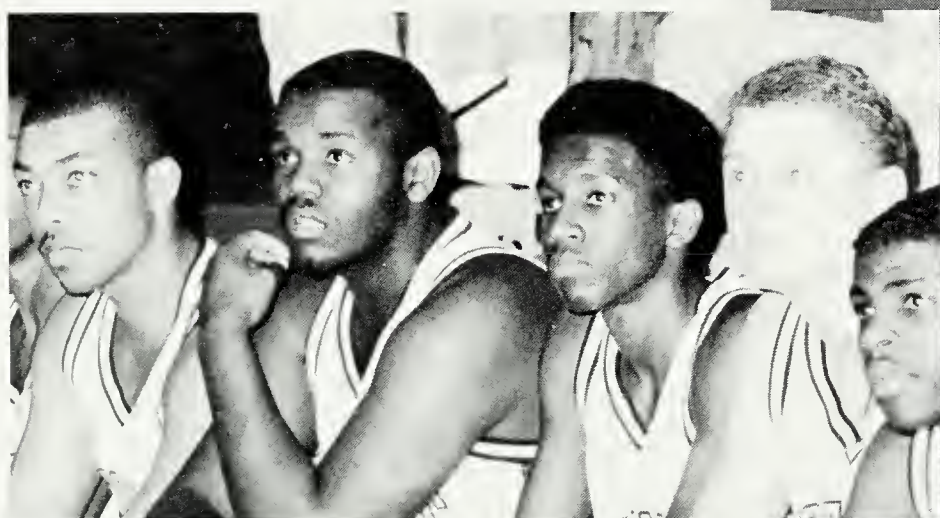
No, this is not a photo of a high jump event! Sophomore Alyssa Eland and her teammates are just giving a demonstration of how elevating a good dose of school spirit can be.

Underclass students Johnny Overton and Pam Austin enjoy dancing the night away at the Homecoming Dance.

Arlynn Flecker checks out her mom's placement of her Blue and White Corsage. Wearing Panther colors to show your school pride is commonplace at Potomac activities.

Tanya Rumble and Soudarath Vongphakdy work on a little "one on one" during gym class. Getting and staying healthy was a key point of all gym classes.

Class Of '95



Checking the stability of his float, junior Scott Vandesand gives his look of approval to fellow classmates.

Setting the ball with some poise and a lot of composure, Quincy Queen gives Mr. Darren Gravat something to spike - hard.

With their eyes locked on the game, Derrick Williams, Nathan Poole, Mike Neal, Chris Kwitkowski, and Cortez Baker appear to be "willing" another Panther basket.



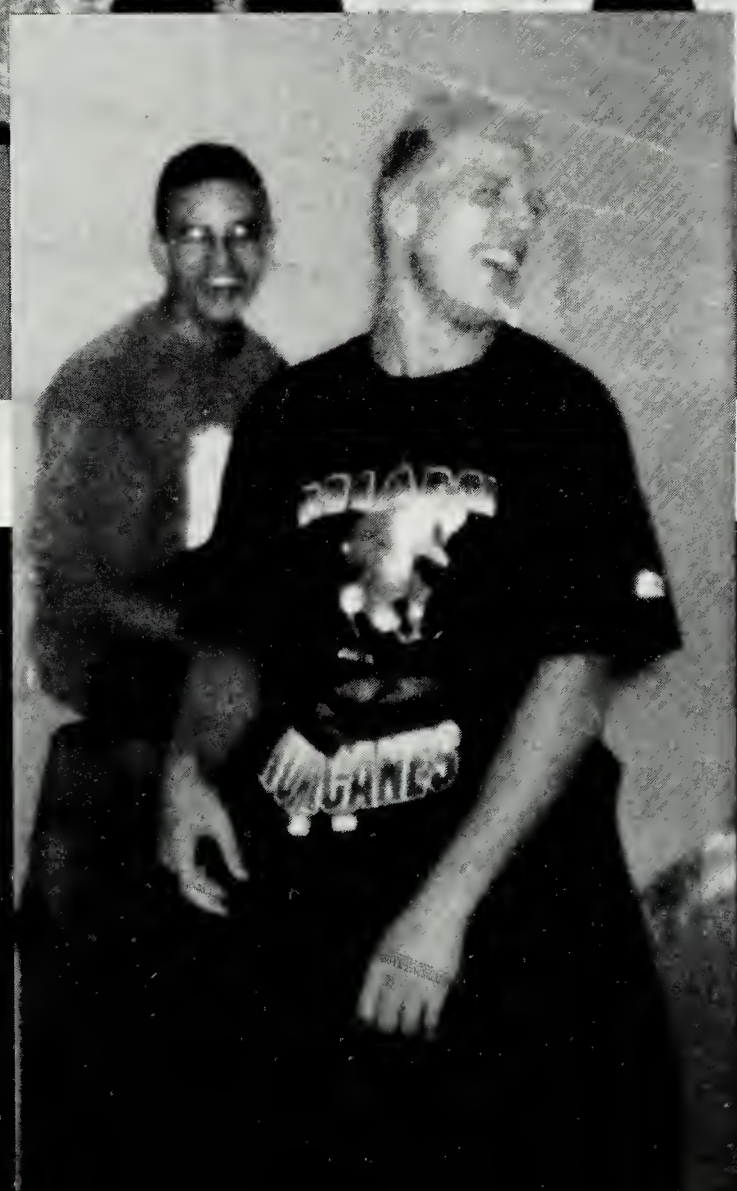


Corey Fitzgerald gives the cameraman a big one. Sometimes students get distracted in class and get "emotional."



Discoing their little platform shoes off, juniors gyrated and moved to the funky groove being pumped to the disco floor.

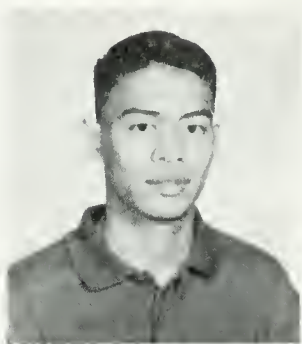
Stephanie Shields is in perfect form for her performance during a Pantherette routine. Stephanie and other juniors will undoubtedly carry on the rich traditions of the Pantherettes.



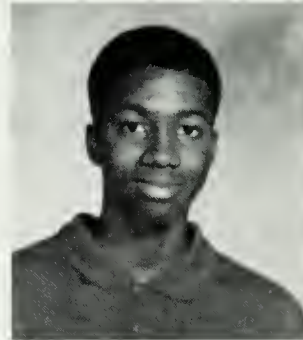
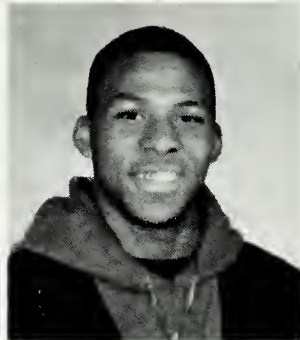
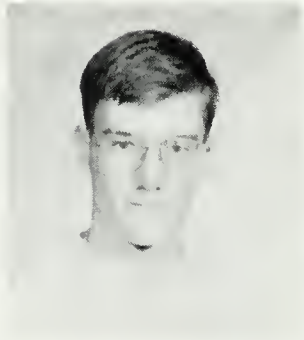
Doing her part for the junior float, Jacelyn Moros tightens one of the elastic cords holding the float to its foundation.

Relaxing after school, Bobby Sutliff laughs it up with some friends. Friendly faces were a common and welcomed sight during school hours.

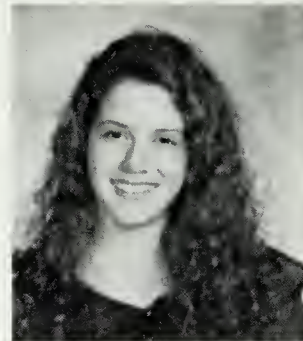
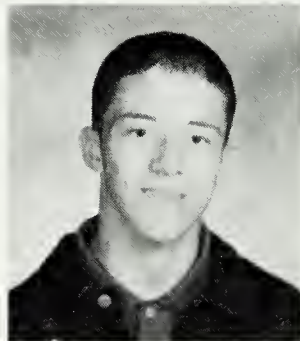
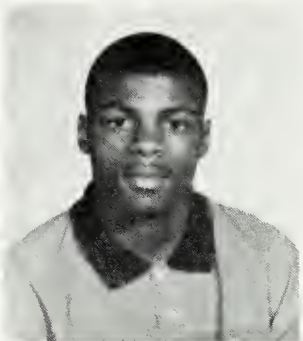
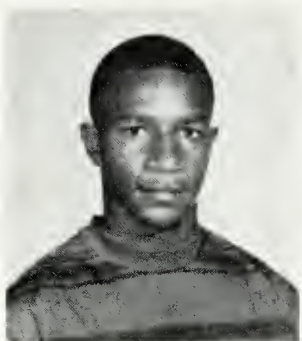
Alain Acuesta
Joe Ardiance
Ammar Ahmad
Naeela Ahmed
Catherine Alberts



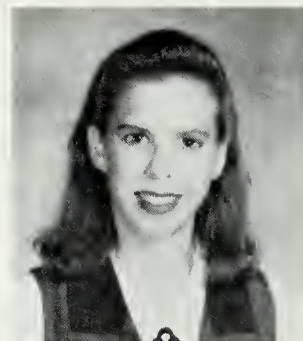
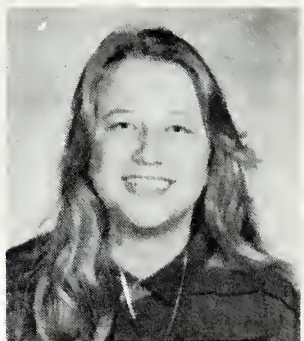
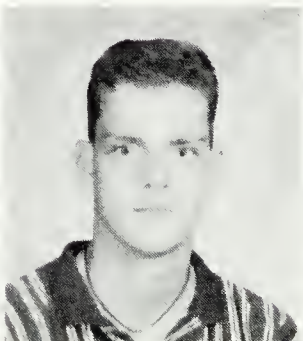
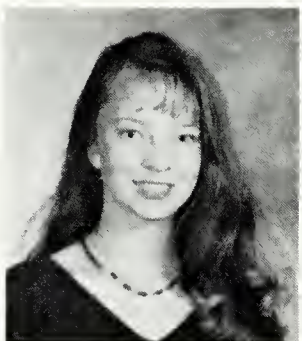
Umer Ali
Steve Allder
Johnathan Allen
Kevin Alston
Kelley Anderson



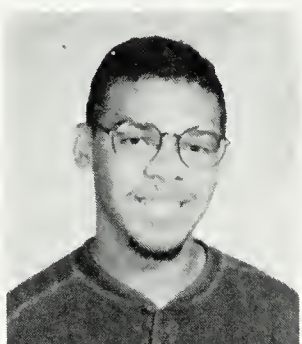
Chris Baker
Cortez Baker
Kara Baker
Carlos Ballesteros
Brooke Banks



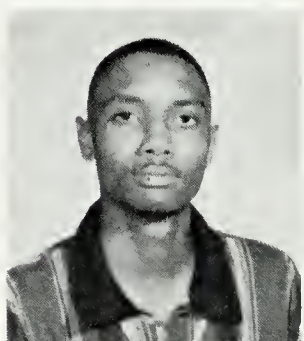
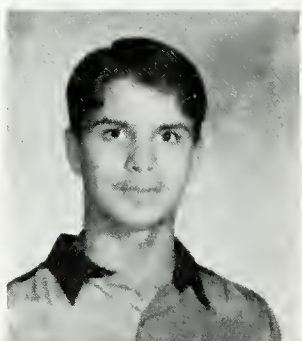
Amy Bann
Michael Barrett
Kelly Basista
Angelita Bates
Danielle Bernier



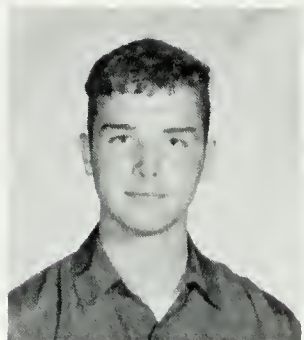
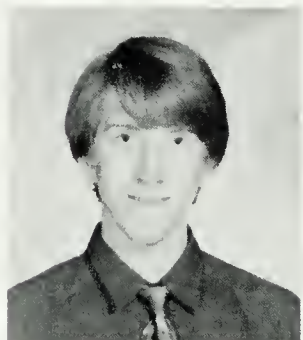
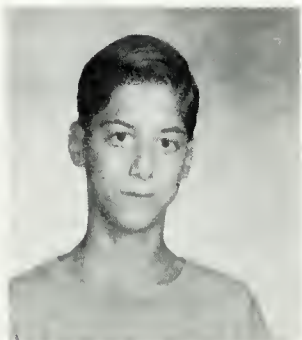
Marty Boone
Amy Bowen
Chris Bowler
Sara Boyce
Stacey Bradshaw



Clayton Breeding
Todd Brewer
Eric Briggs
Katrina Brookins
Crystal Broomall

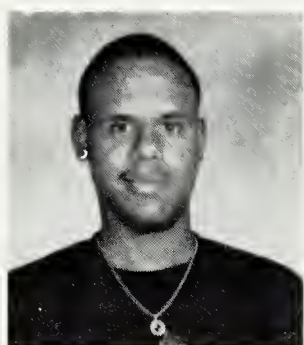
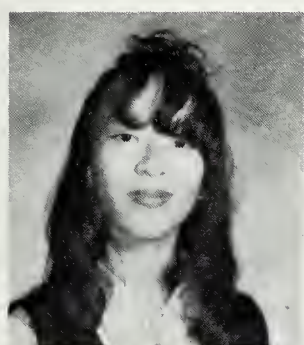


Tim Brothers
Beny Brown
Chris Browning
William Bryan
Jamie Buchanan

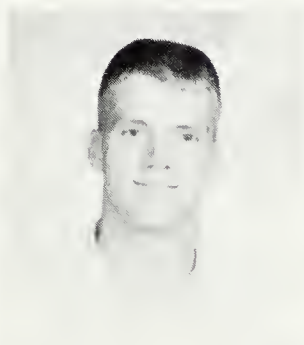




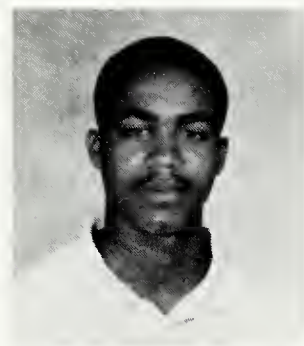
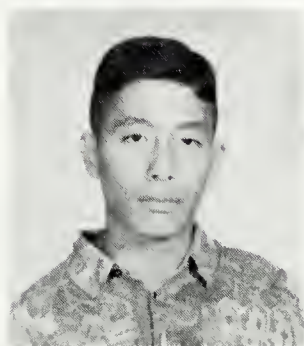
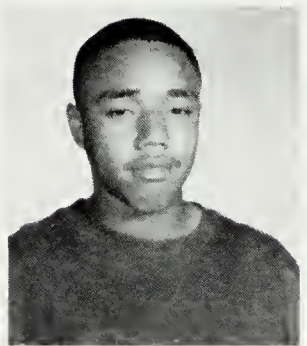
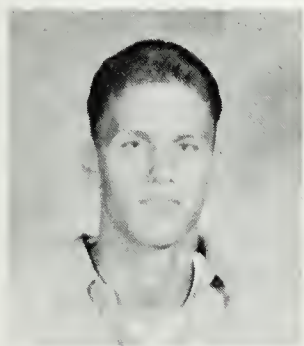
Students in Mrs. Neuhard's class are rehearsing for the play "This Is A Test." Drama class is a time for students to discover their hidden talent.



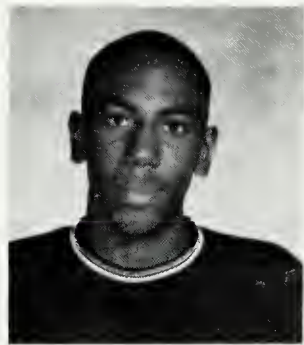
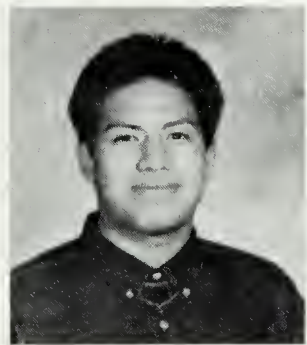
Adrian Buffington
Damon Burke
Damon Burkgart
Rhiannon Burruss
Kristin Burton



Brian Buser
Melissa Bushey
Shane Byrd
Miguel Cabanez
Jessica Campbell

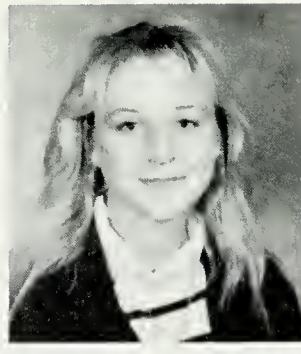


Scott Calhoun
Donnie Carl
Connie Carr
Ismael Carrero
Lorenzo Carter

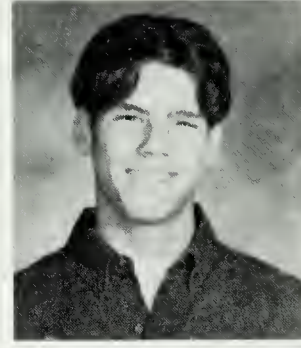
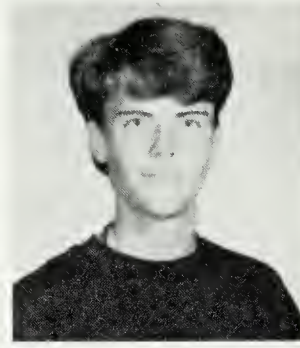
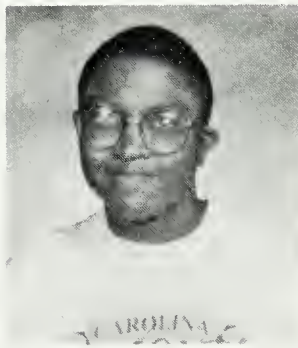
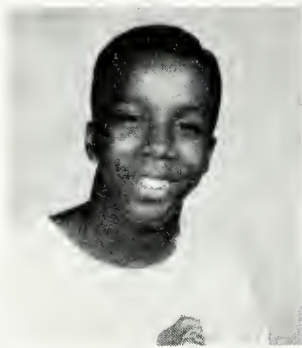


Jessica Caseman
Juan Castillo
Carlos Centeno
Eric Chapman
Vonetta Chapman

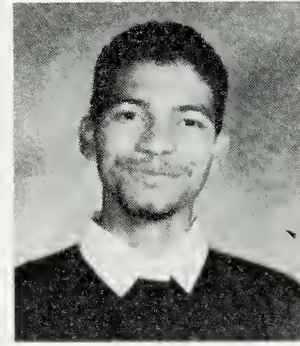
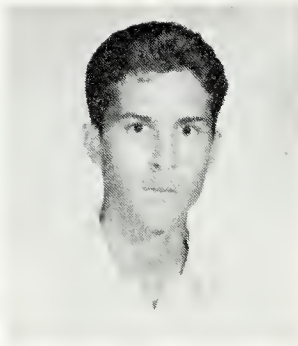
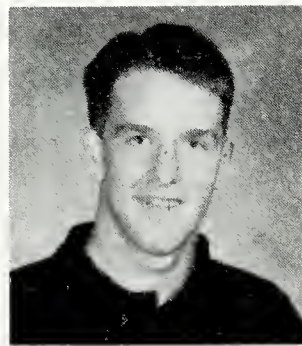
Monica Chase
Amber Chipps
Amanda Clay
Tamara Clayton
Jennifer Coimbra



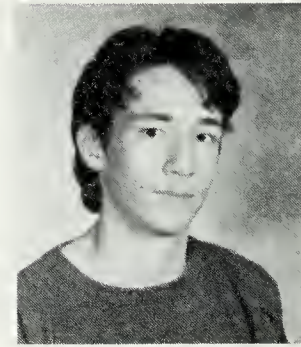
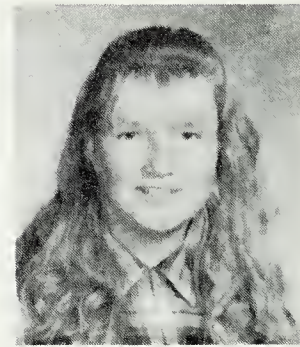
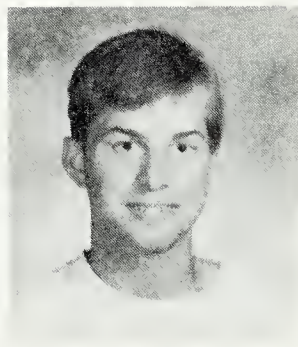
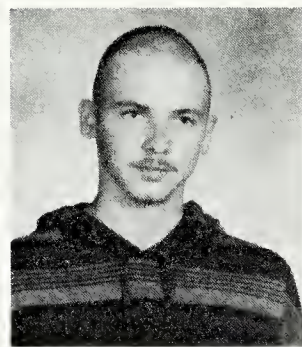
Ken Cole
Quentin Collins
Michael Cooper
Chris Copenhaver
Michael Costa



Burt Covington
John Coy
Curtis Crawford
Francisco Cruz
Emmett Daniel



Kris Davis
Billy Deck
Karen Dennison
Tracey Dent
Michael Desmond

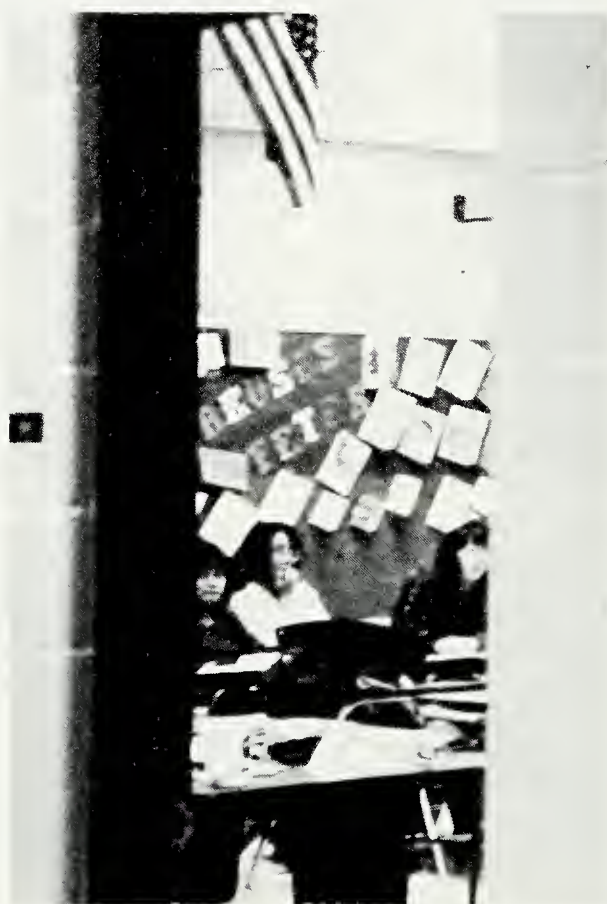


What About Underclassmen?

The *American Heritage Dictionary* defines underclassman as: a student in a freshman or sophomore class at a secondary school. To the students who fall under that dubious title it is not a welcomed definition.

Underclassmen are sometimes treated unfairly because, well they are in the lower grades and not as wordy as us upperclassmen. Also, upperclassmen tend to think that the underclassmen act immature, stupid and well, you know like, underclassmen.

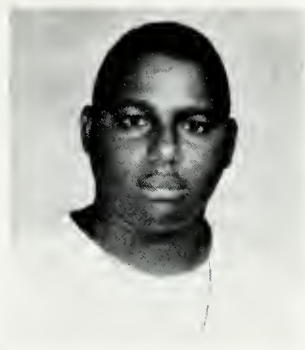
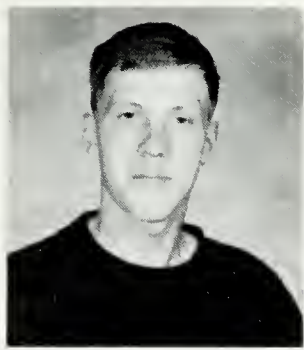
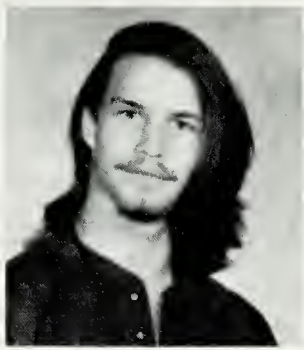
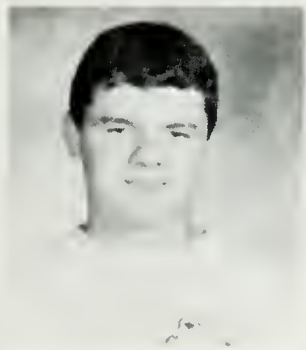
Although the above may be true, all upperclassmen need to remember that they were, even though it



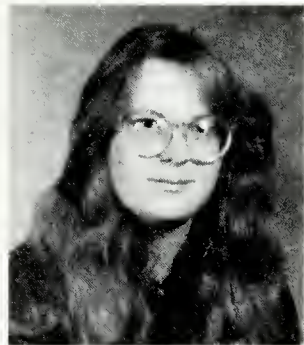
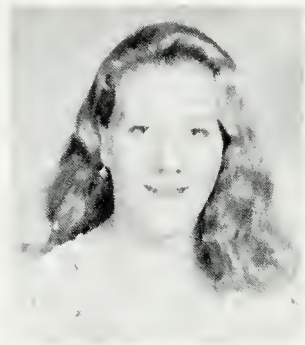
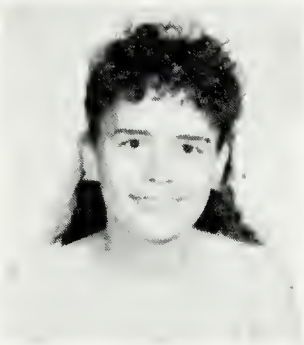
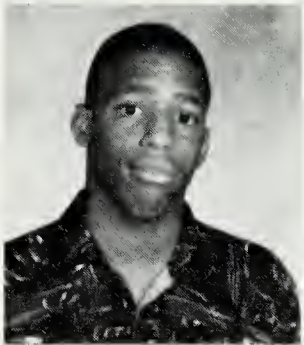
Students in a foreign language class listen intently to the lesson being presented.

was ages ago, the underclassmen in this school. And, yes, we were considered stupid and immature, by the then big time upperclassmen. Believe it or not!

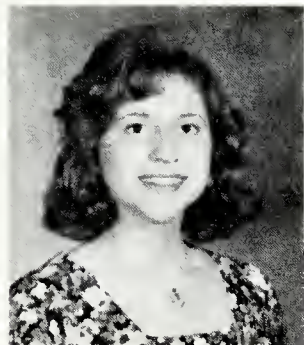
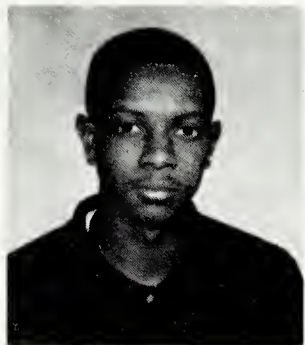
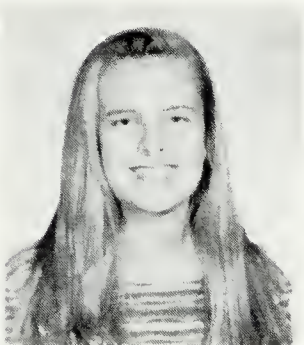
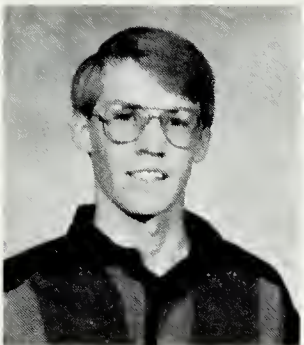
Maybe some of us feel that dumping on our lower grade classmates is a right of passage. We have earned this right after serving four long years in this fine school. Well, right or wrong, it is a matter of respect. Remember, you were once in their shoes, fighting for your place in the pecking order at Potomac. Let's try treating every student here with a little respect. It will definitely make it a better place for all of us. -- Wendy Whetzel



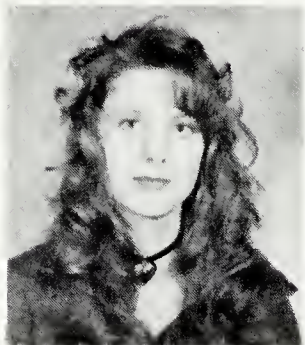
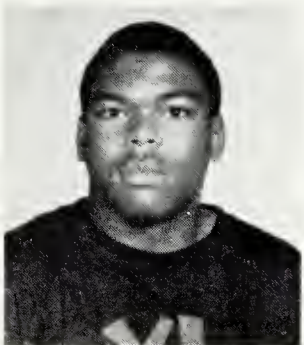
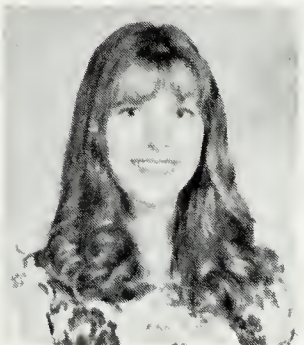
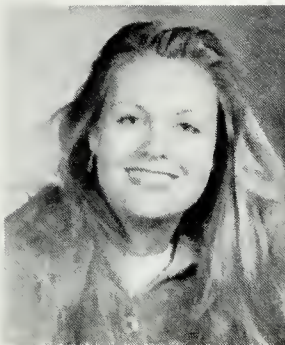
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James Dinsmore
James Dixon
Nyle Duncan
Deanna Durden



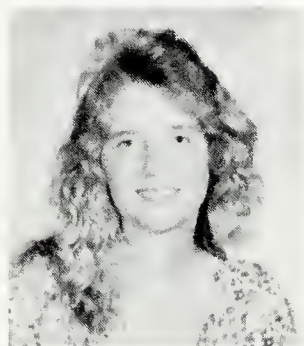
Katy Elmore
Vernon Ely
Vanessa Estrada
Paula Evans
Tamra Farran



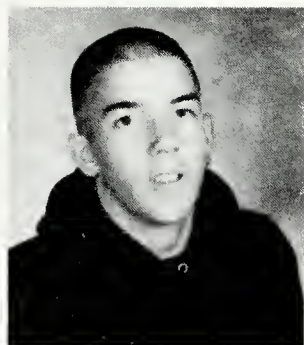
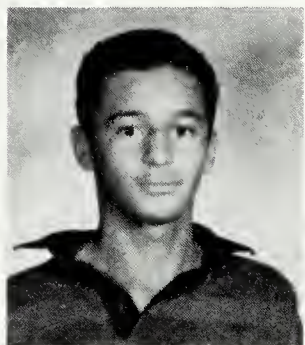
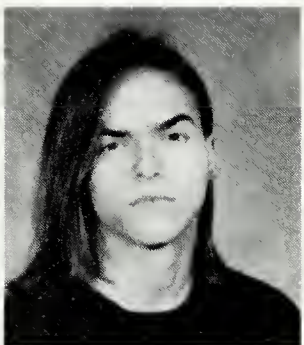
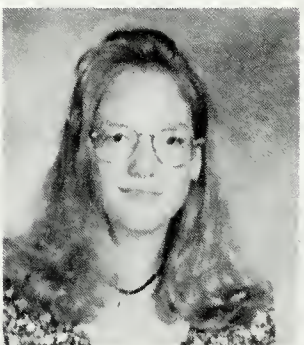
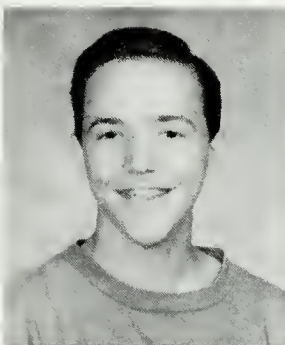
Kim Fincham
Benjamin Finelsen
Kristy Finucan
Erskin Fox
Sharon Fox



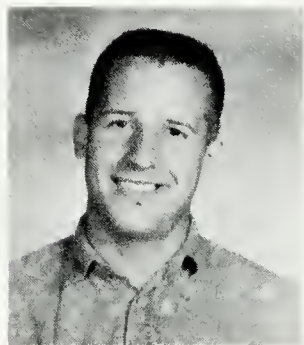
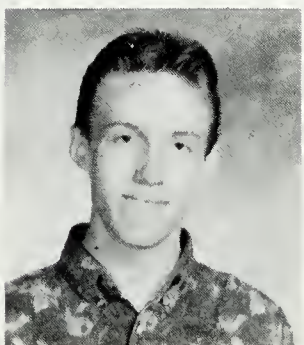
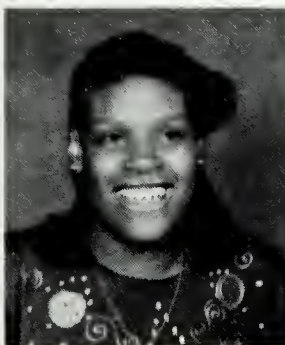
Samantha Freeman
Christine Friend
Vaughn Fuller II
Angela Gallo
Romina Gallo



Gerald Gardner
Nicole Garrett
Evelyn Garrido
James Giddens II
Heather Gillen

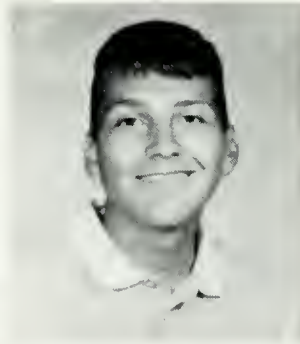
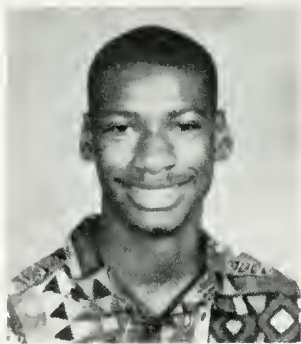
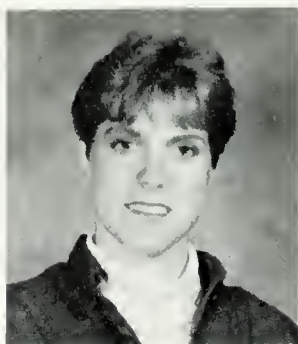


Robert Gillette
Stacy Goldsmith
Damien Gonzalez
Luis Gonzalez
Donnie Gosnell

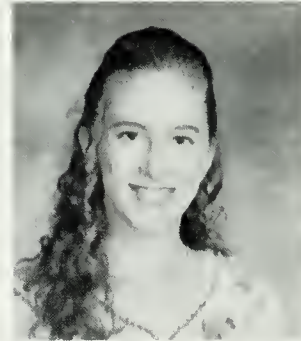
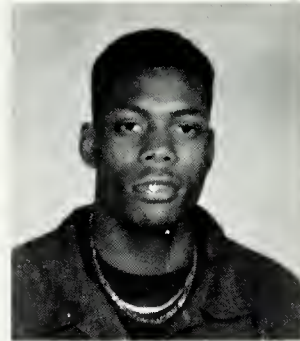
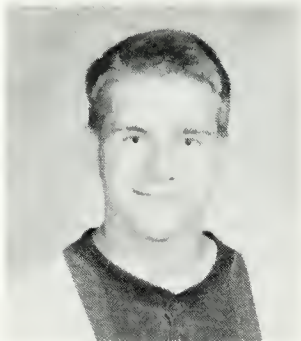
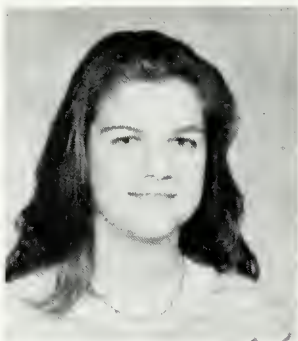


Kimberly Gould
Christine Graves
Thomas Greek
Shavonta Green
Sol Griffin III

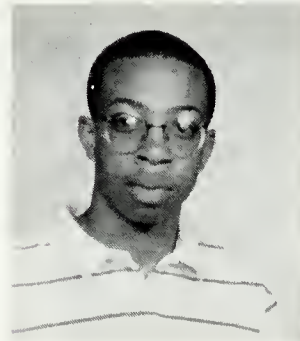
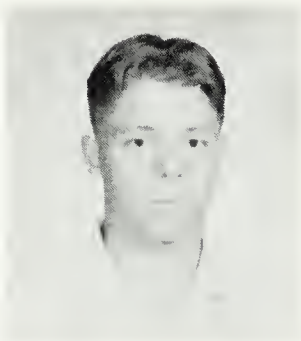
Jennifer Gross
Milton Grubbs
Ana Guerra
Robert Guerra
Richie Gunter



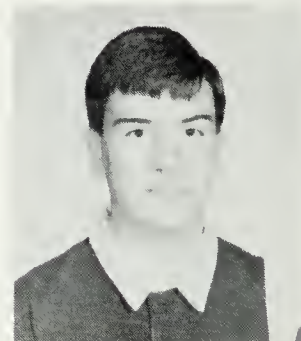
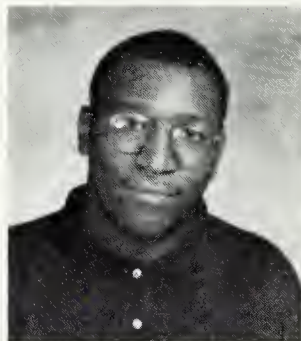
Melissa Harner
Cliff Harris
Scott Harris
Tinail Harris
Hilary Hart



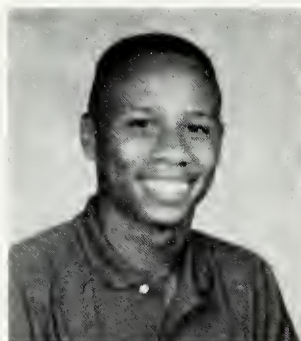
Gunther Hashida
Jason Heatwole
Kimberly Herd
Selvan Hinnant
Bill Hipperd



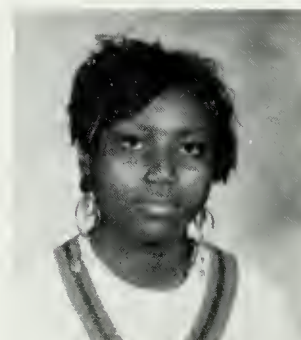
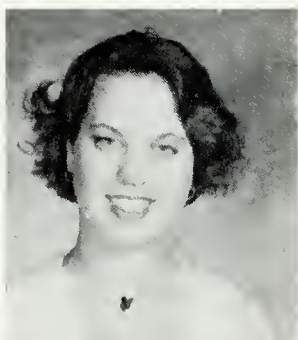
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Wendy Hornback
Sean Howard
Christina Huffstickler
George Hummel



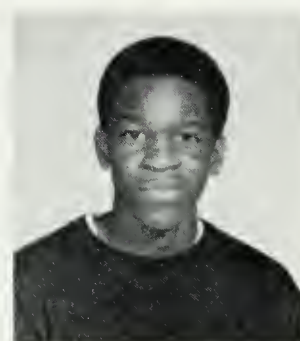
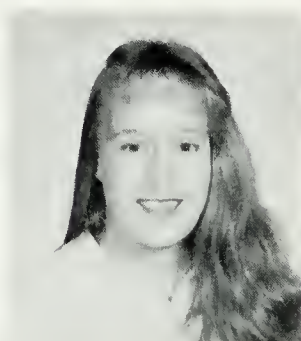
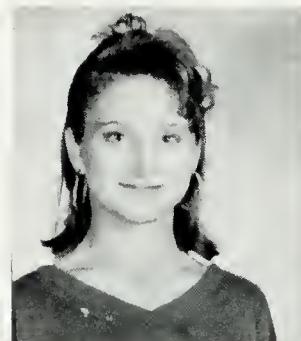
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Ryan Jacoby
Stanley James
Moira John-Williams
Antonio Johnson

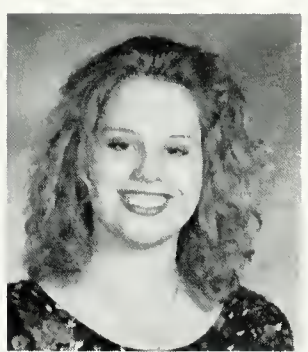
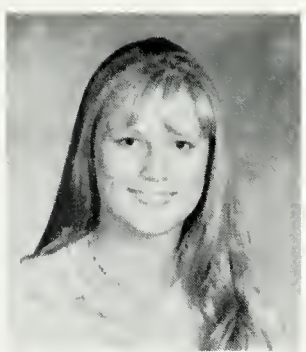
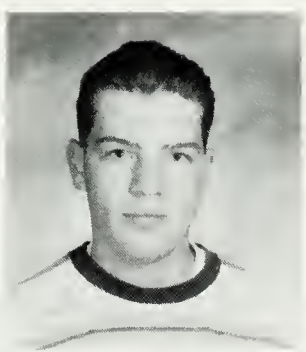
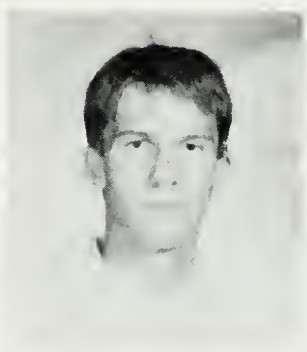


Amber Jones
Amber Jones
Angel Jones
Jennifer Jones
Winnie Jones

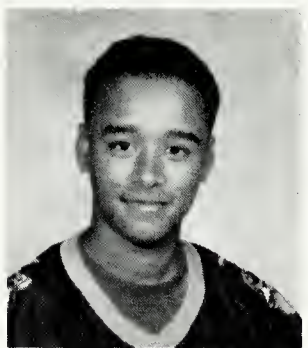
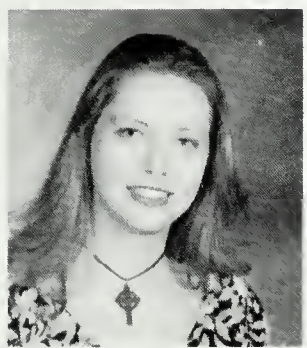


Tiffany Jordan
Stacy Kafouros
Kristine Katsarelis
Adrian Kidwell
Brandy Knight

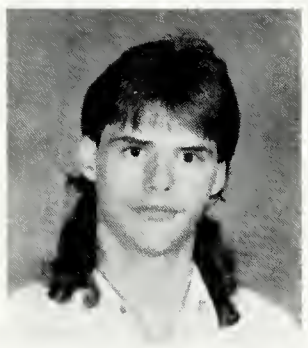
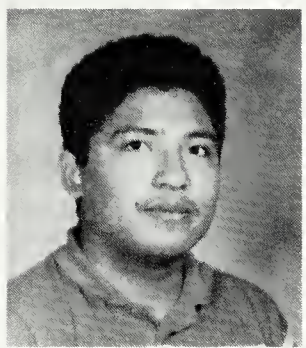
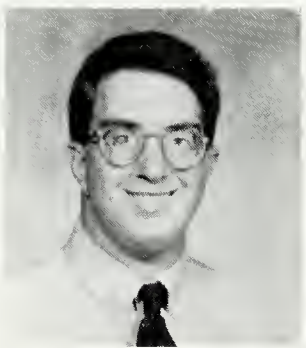
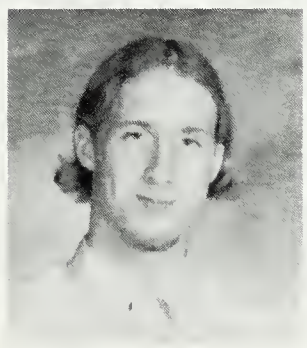




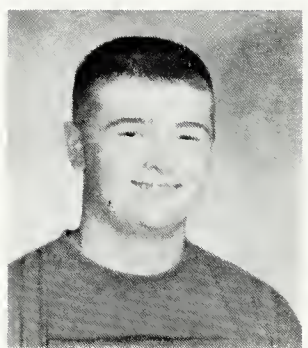
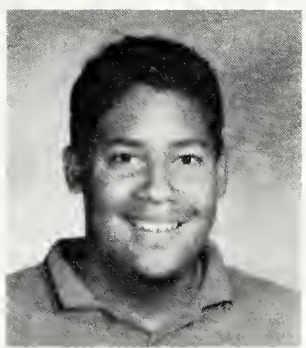
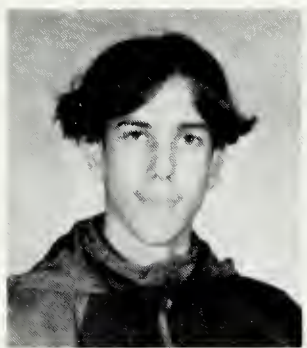
Jeremy Koontz
Mike Koontz
Chris Korzen
Holly Krass
Chrissie Ksanznak



Chris Kwiatkowski
Jennifer Lamant
Erik Larson
Gina Lester
Damion Linder



Lorena Lopez
John MacCallum
Chris Malter
Erik Manzaneres
Tim Marbaker



Sheri Martin
Chris McCarty
Melanie McCosco
James Mercado II
William Merrill



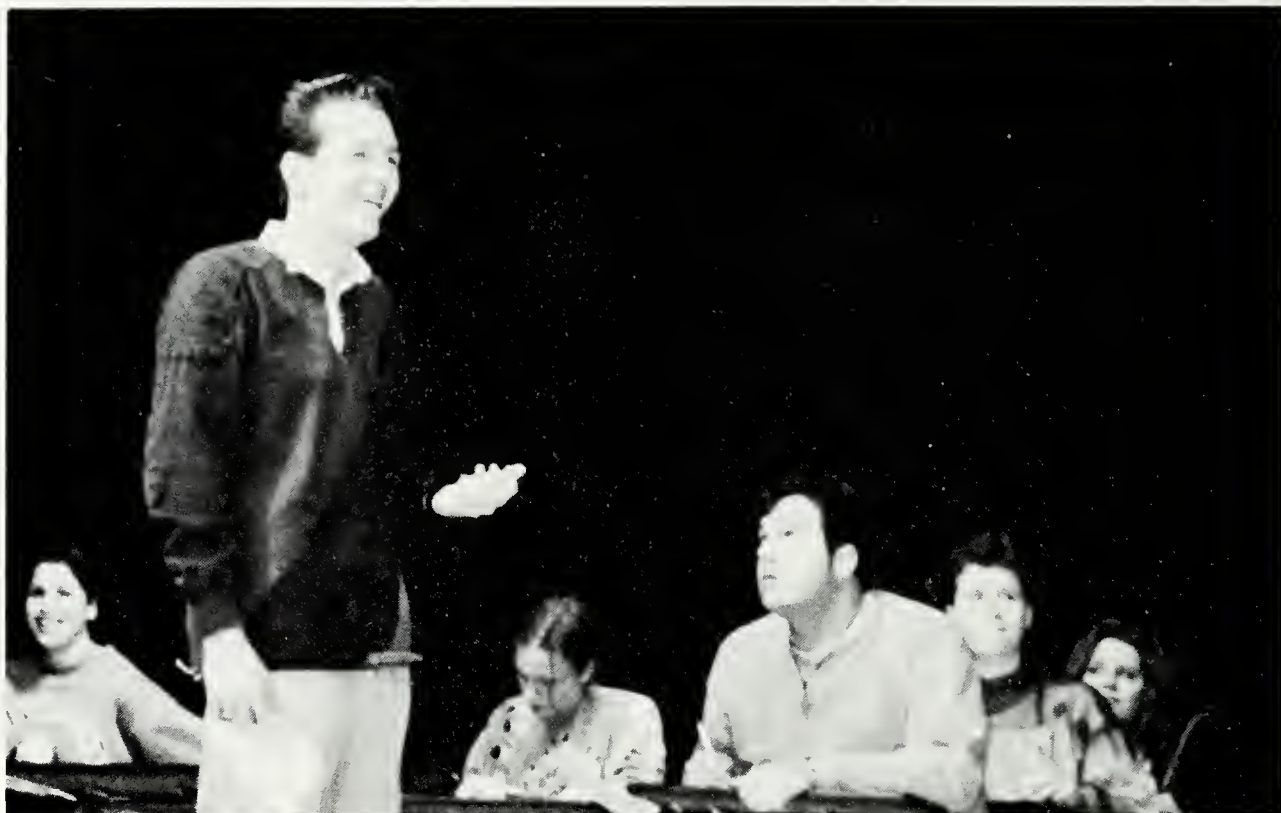
Jocelyn Ellis helps put the final touches on the class float. Homecoming was a time when all class members have the same goal ... to be #1!!!

The 1993-1994 school year is about over and the Class of '94 stands ready to graduate. Before they leave, the seniors have decided to pass on a few tidbits of advice to all their fellow Panthers. In a serious vein, they recommend that you: Take as many classes as you can; really work to pass them during the normal school year; and if you are looking for "cake" courses wait until your senior year so you don't have to juggle your credits around to graduate. On the lighter side, the seniors recommend that you learn to have fun in school and "listen to country music."

For those of you who might wonder why you should listen to country music, ask Andy Anderson! He is the one who thought you might benefit from it.

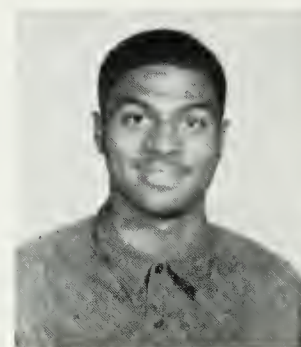
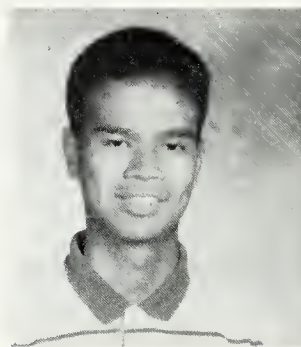
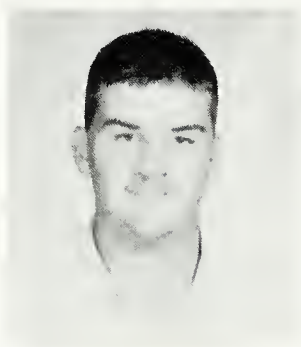
"We, the seniors, hope that you, the student body, take our advice and use it. We know that you can easily adhere to the lighter comments." Senior - Wendy Whetzel

Some Friendly Advice

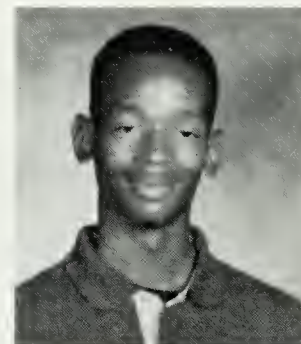
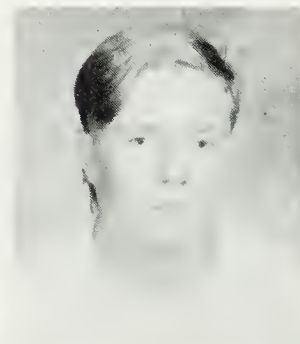
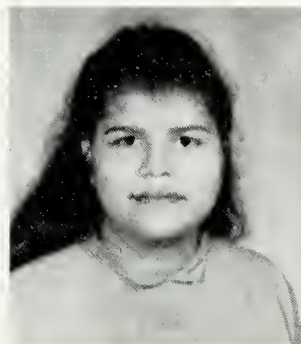
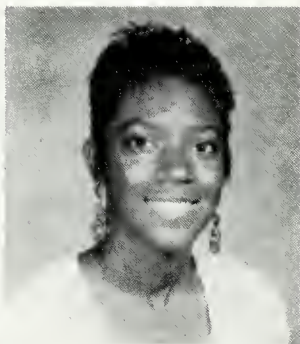


During a One Act Play competition, Leo Valle wonders why as Brian Leavitt portrays a student having just a bit of difficulty staying focused on a test his class is taking.

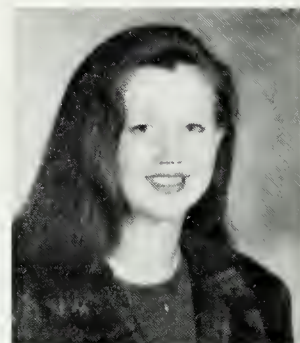
Shaun Miller
Tammy Miller
Lucien Modesto
Denisesha Moore
Sanj Moore



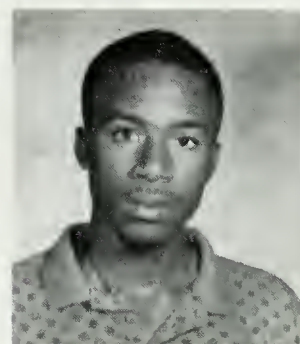
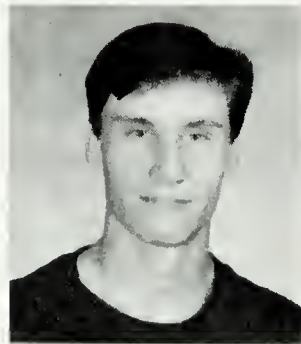
Jacelyn Moros
Shante Morris
Elvia Munoz
Joseph Murphy
Michael Neal

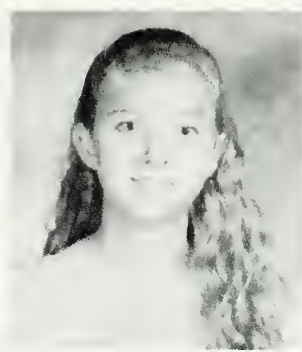
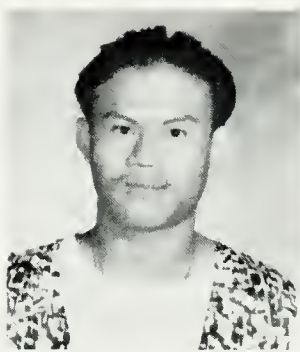
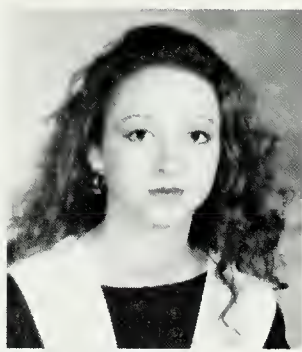


Camille Nelson
Dejanabe Newby
Brooke Newey
Michelle Nicholson
Jeniruth Nix

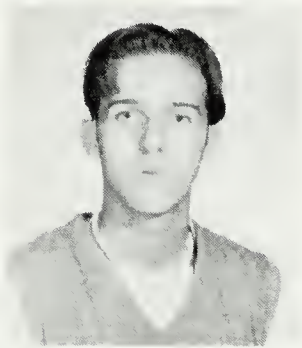
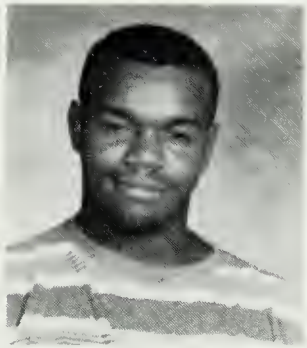


Victor Noto
Nicholas Novogradac
Melodie Nugent
Dana Owens
Ricky Parker

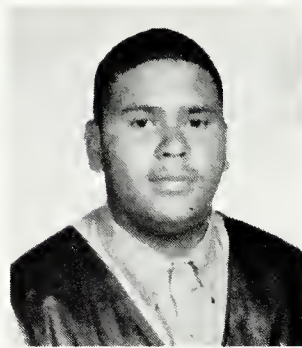
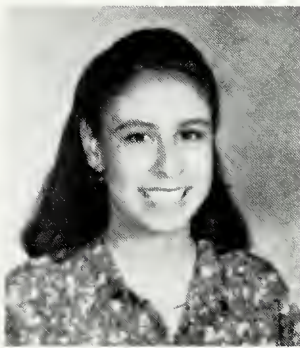




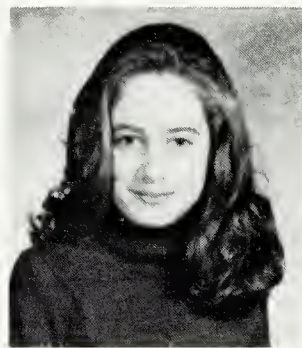
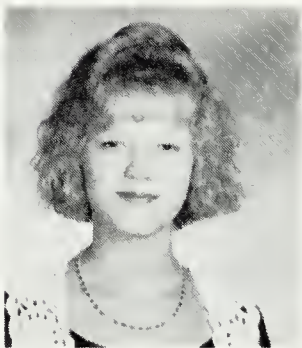
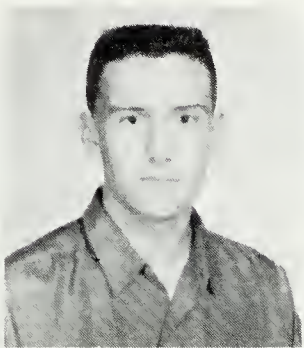
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David Peck
Kellie Pellegrino
Syvong Phisudalak
Kelly Plaugher



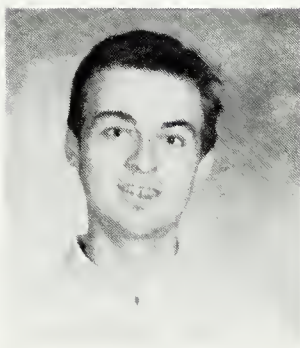
Nathan Poole
Alvin Porter
David Potter
Quincy Queen
Na-A Raiford



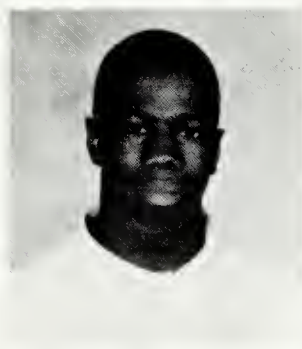
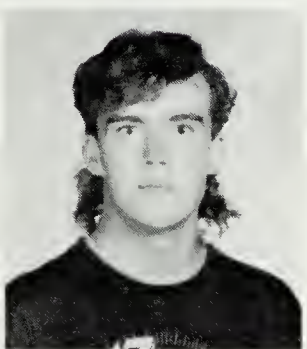
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Philip Reedy
Christine Rhode
Priscilla Rich
Angel Rivera



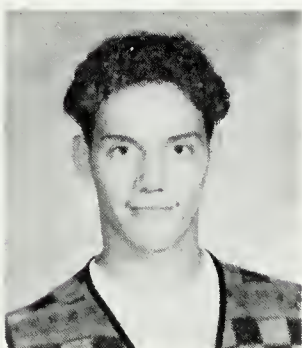
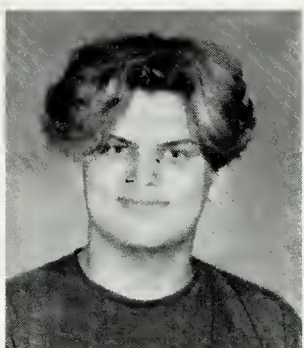
Sarah Rollison
Gary Rose
Amy Ruddle
Peggy Ruhren
Virginia Sanderson



Emily Santiago
Bridgette Scott
Samer Shehada
Roger Scott
Nikki Scott

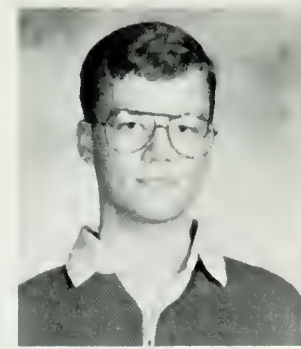
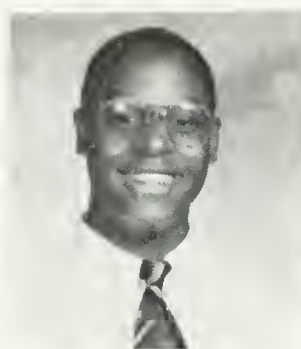


Ryan Sheehy
Stephanie Shields
Michael Shifflett
Curtis Shoffner
Jimmy Simmons

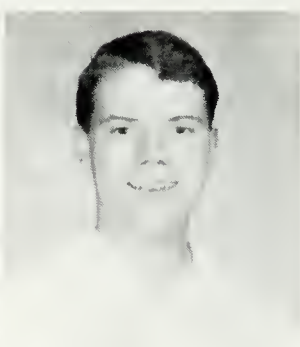
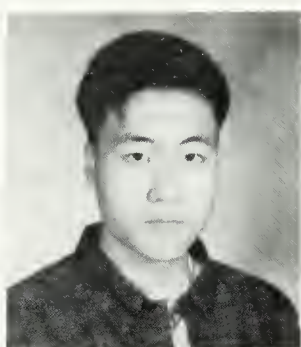


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William Skidmore
Michael Skiles
Philip Smit
Jeffrey Smith

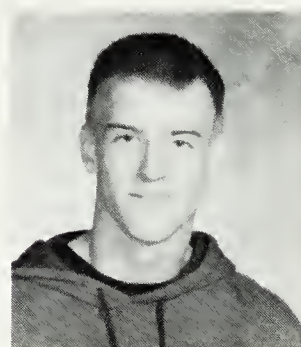
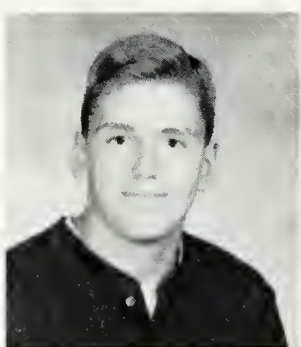
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Scott Smyder
Shameeka Soares
Shane Sobers
Daniel Soloman



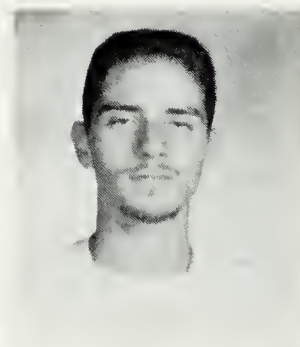
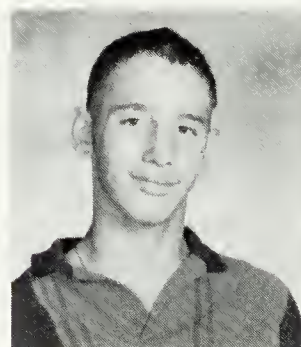
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Kenny Sorrell
Harold Spilker III
Robert Spraker Jr.
Shane Spurlin



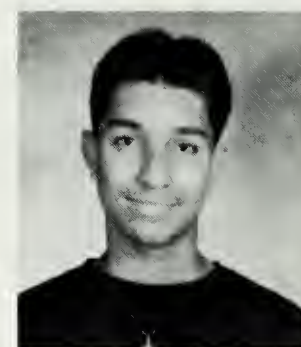
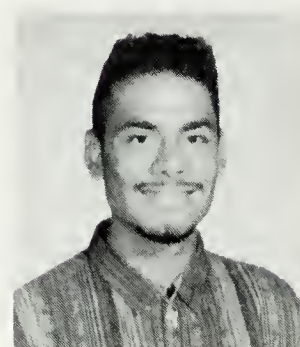
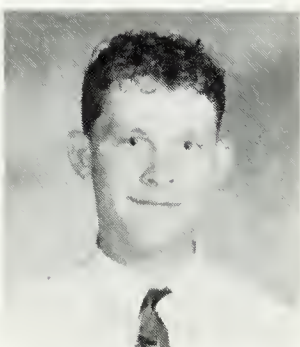
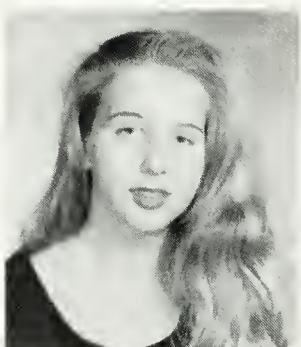
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Shannon Stanley
David Steelberg
Mark Stephens
Bobby Sutliff



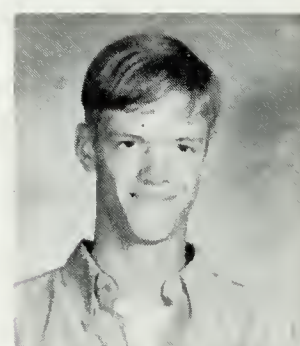
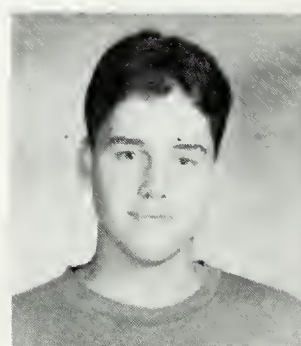
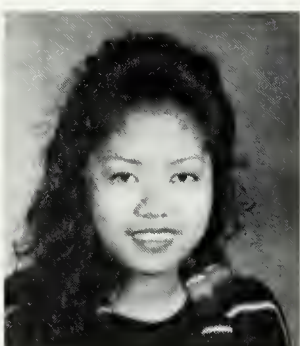
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Patrick Taylor
Shawn Teague
Theo Theodorakoglov
Brian Tirch



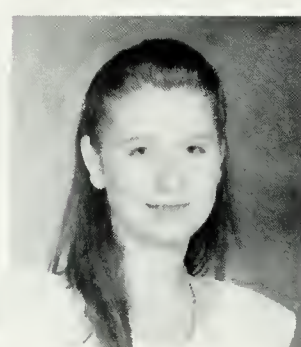
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Scott Vandesand
Blanca Vargas
Jorge Vega
Ray Vilasando

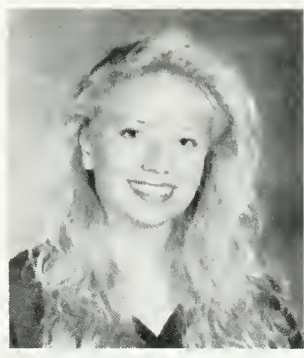


Vincent Villanueva
Michelle Villareal
Jerry Wade
John Wahala
Kris Walker

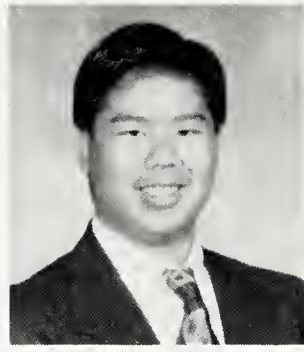


Yolanda Walker
Natalie Wang
Cassandra Ward
Donald Warren
Darius Washington

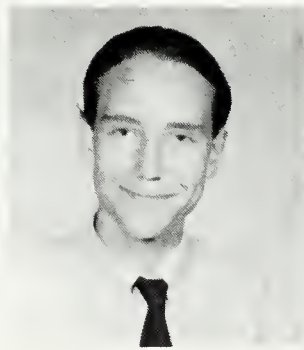
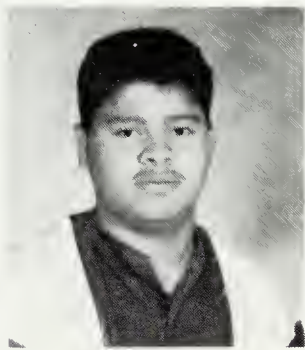
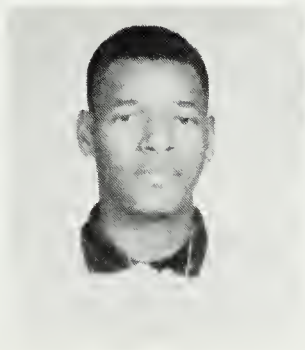
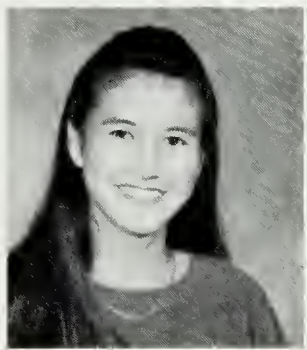




Taneshia Watkins
Miracle Watson
Jay Webb
Josh West
Christen Wheeler



Kelby Wilkerson
Jeremy Wolford
Robert Wolford
Jeff Wong
Ginny Worthington

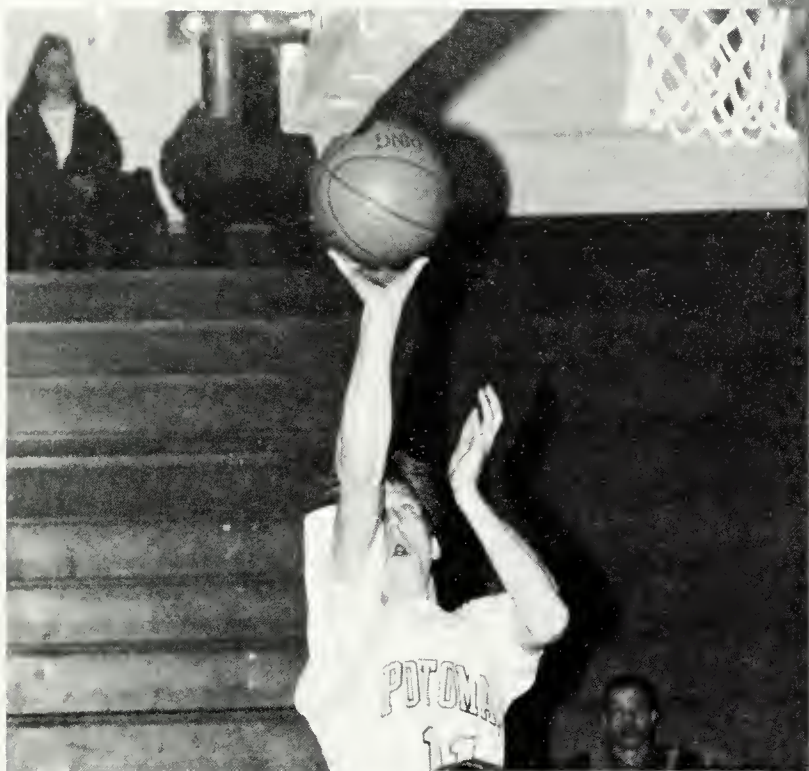


Tommi Woodson
Al Xavier
Porfirio Zelaya
Dan Yalich



Tommi Woodson and Cassie Ward discuss with other junior class members about how they were going to win the Spirit Week contest. The juniors, as well as the other classes participated in different events through out Homecoming week to be the top class of the school.

Class Of '96

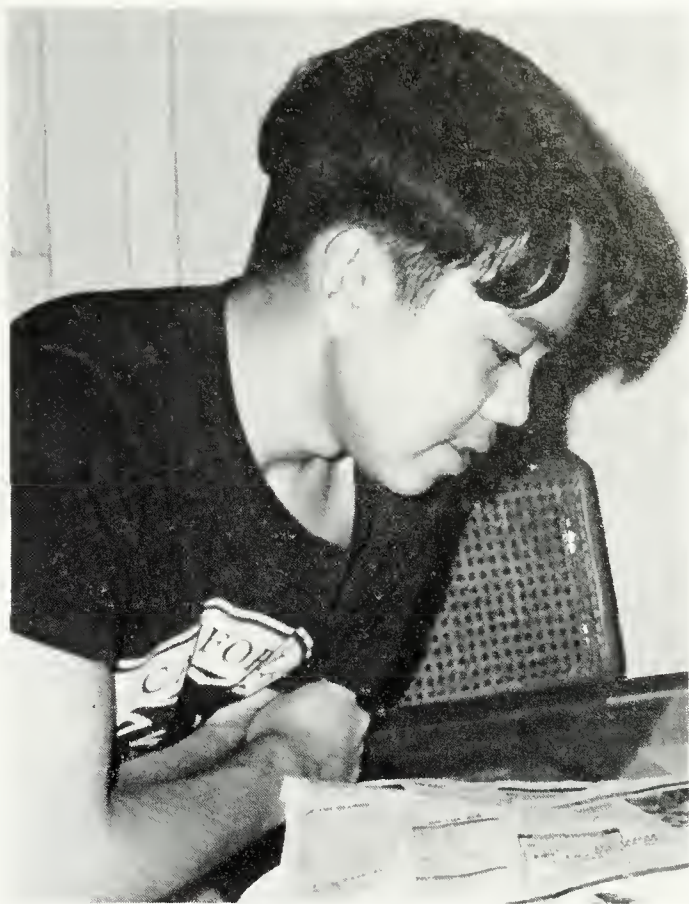
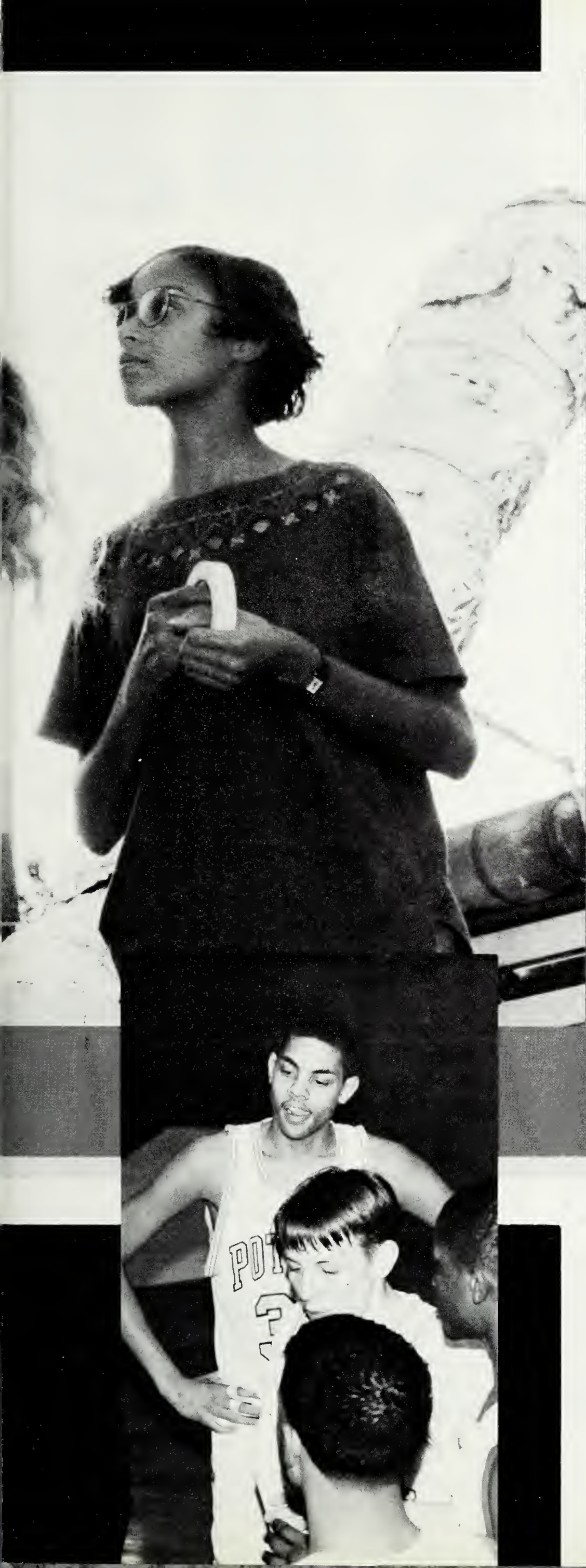


Susan Sowala throws a ball during softball warm up. Susan participated in many sports including tennis and won an academic letter.

Mike Beall goes for a lay up in a J.V. basketball game against Stonewall Jackson. Mike was also a cross training athlete playing baseball, basketball and football.

Yes, it is the sophomore float again with Nikia Studevart and Ms. Jean Gaudet working on the first place winning float.





Who needs current events when you have the sports page from the Post. Early bird, Roy Cathedral gets up early to check on basketball results.



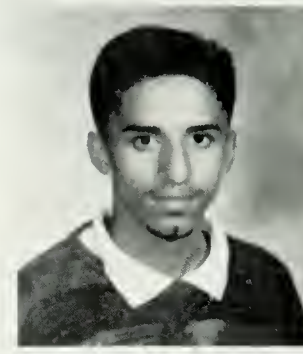
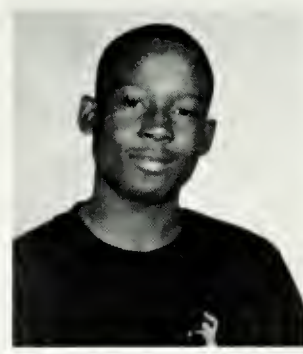
This Homecoming was the highlight of the sophomore year. Nikia Studivent and Meghan Crowder dedicated their time and energy to the prize winning float.

Stephanie Truax listens intently to a discussion in yearbook class. Stephanie contributed much to the book as being the Sports Editor.

Ernest Hariston listens to the strategy of Coach Dan Kearney. Ernest, one of the premiere players on the team, hopes to be moved up to varsity for next year.

Showing off her moves, Neisha Speights, pumps up the volume on the dance floor. The homecoming dance gave the sophomores a chance to have fun and enjoy time with their friends.

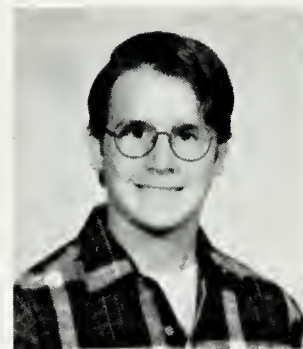
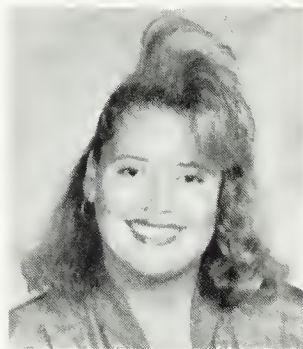
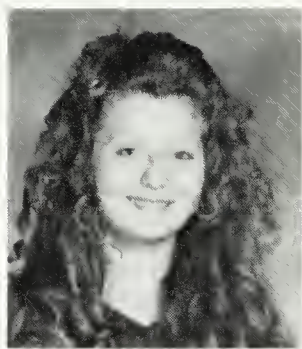
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David Agresto
James Aggrey
Shelly Ahluwalia
Bilal Ahmad



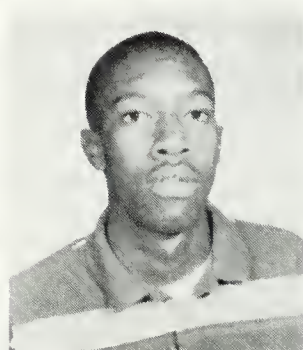
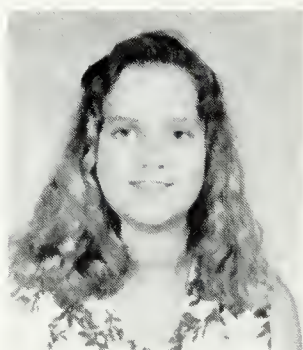
Adele Allen
Sheyla Allen
Joseph Altobello
Yasmin Angoe
Jaime Aquino



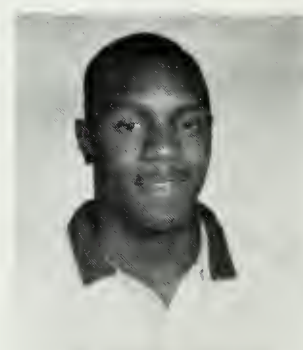
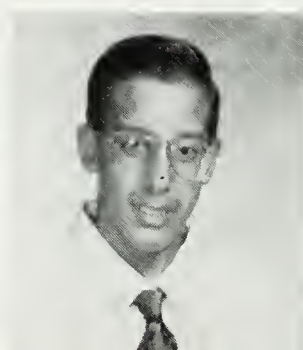
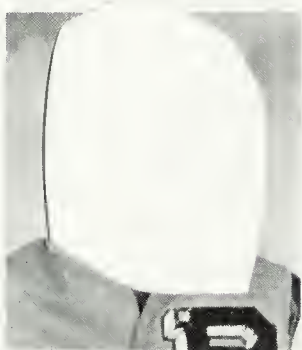
Pam Austin
Irene Avelar
Andy Ayres
Ben Banks
Brian Bann



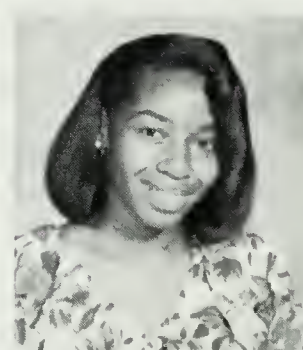
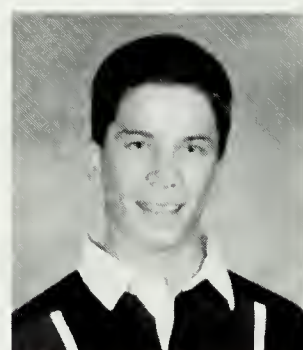
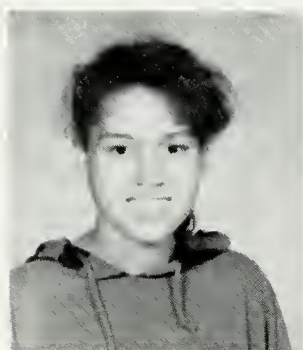
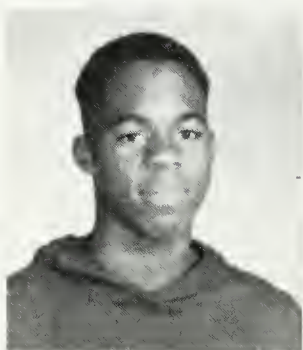
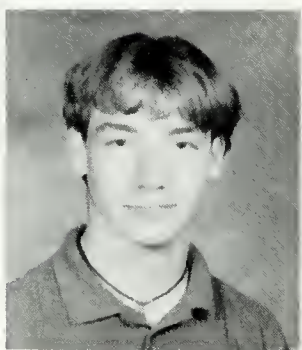
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Cynthia Barrett
Trey Bass
Joshua Bates
Nora Bates



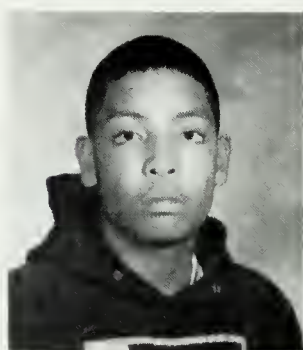
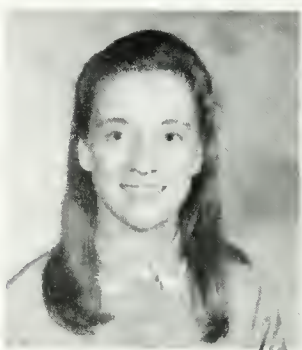
Michael Beall
Lori Becker
Colleen Bell
Olger Benavides
Ricardo Bennett



Bill Bernhardt
Trey Billings
Karen Black
Barry Blake
Anquetta Blount

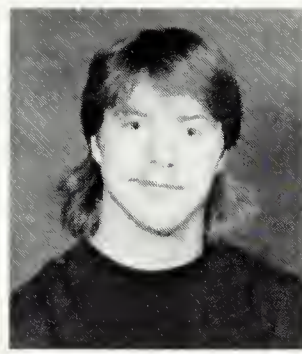


Christina Boyd
Timette Brooks
Allen Brown
Heather Bumler
Eric Burke

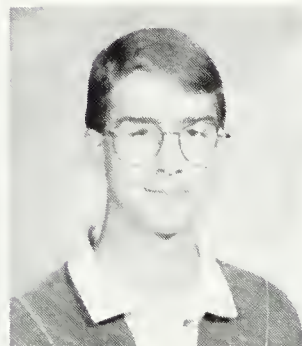
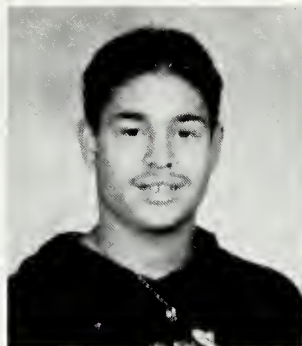




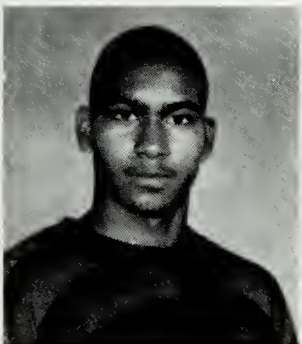
Sophomores, with a sprinkling of other classes, band together in the stands to show their appreciation of a great Panther play during a home game against the Gar-Field Indians.



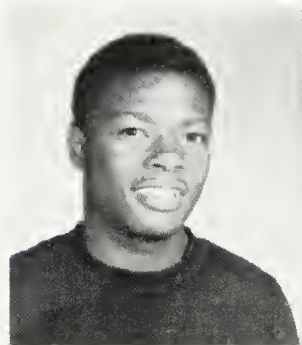
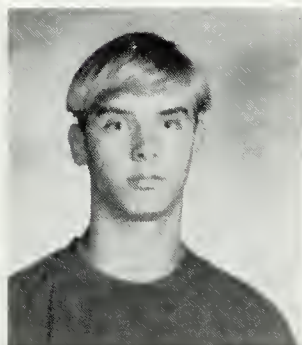
Rashida Burke
Michael Butts II
Geovanna Cadena
Charles Cales
Janet Caramanica



Meloney Carl
Edwin Carrillo
Roy Catedral
Jimmy Caudill
Kit Chan



Andrew Chatman
Faline Chase
Jackie Christian
Kevin Chronister
Amanda Clark

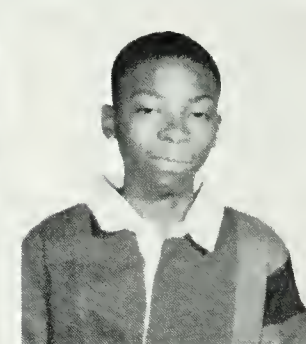


Claia Clark
James Cline
Sam Coillot
Shauna Cole
Jamal Coleman

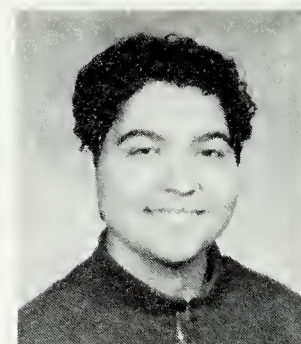
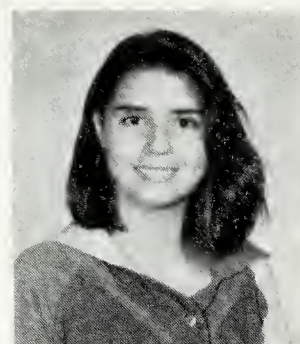
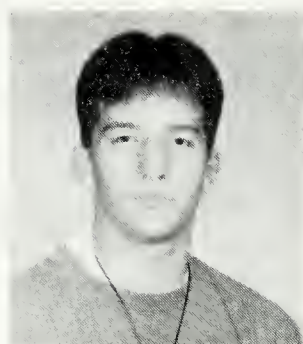
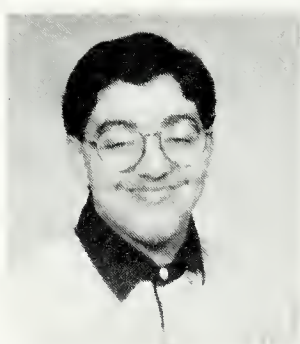
Sean Coleman
Jessica Compton
Misty Conard
Billie Cook
Charles Crawford



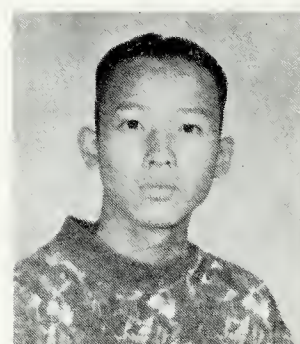
Barbara Cortez
Frank Crilley
Meghan Crowder
Alexandra Cuevas
Allen Cuttino



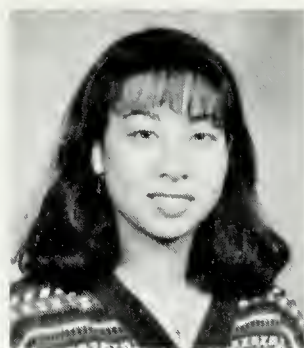
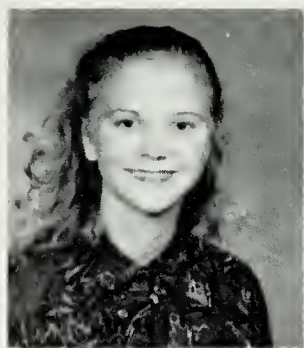
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James Day
Danielle Denault
Julie Desena
Cherri Desilva



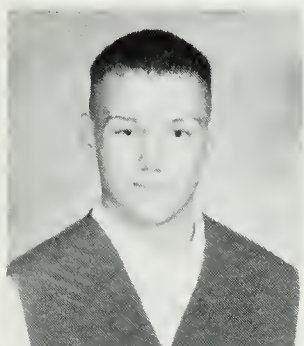
John Dickerson
Cynthia Dinsmore
Long Dao
Lori Dodds
Cindi Dominy



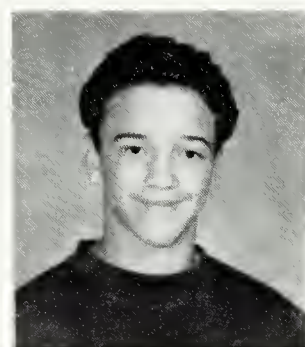
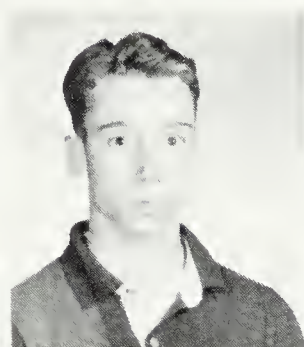
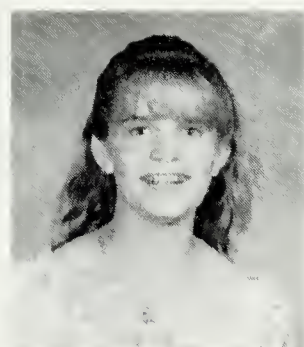
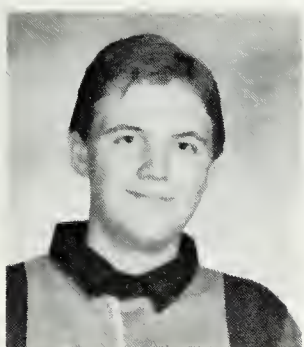
Jessica Gonzalez confers with a classmate about an amusing point in their English assignment.



Amie Dotson
Nick Dovel
Diana Duvall
Alyssa Eland
Clayton Embrey



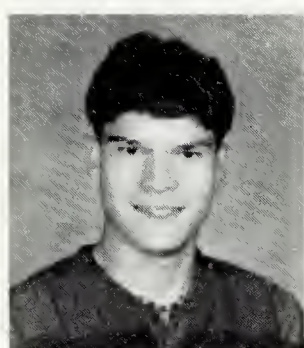
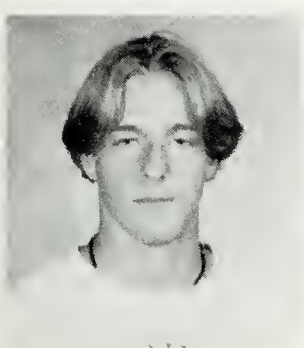
Kenny Etzler
Joe Fanion
Danny Fairweather
Jeremiah Feindt
Janaye Felder



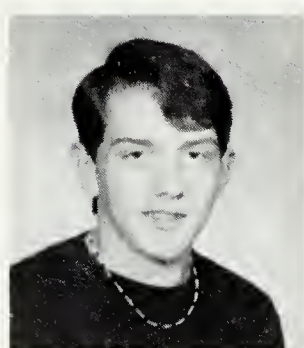
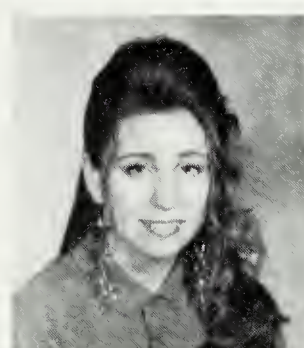
Russ Ferguson
Tabitha Fincham
Melissa Fisher
Corey Fitzgerald
Arty Flecker



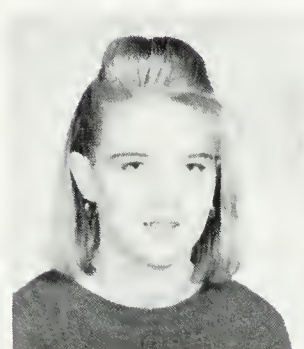
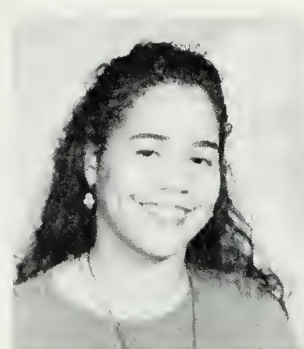
Tyrron Ford
Denise Fortune
Riki Frechette
Nick Frezza
Terri Gaines



James Gardner
Gaiton Garcia
Pete Garcia
Robbie Gaskins
Latoshia Gay

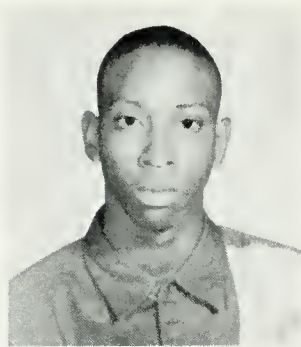


Santiago Gebara
Joanne Gee
Mike Gerrotti
Tonya Gibbs
Ray Gibson

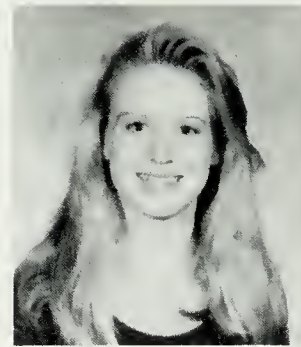
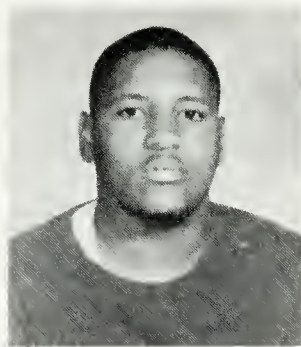


Andrew Gollahon
Jessica Gonzalez
Rose Gordan
Beth Graves
Chrishana Graves

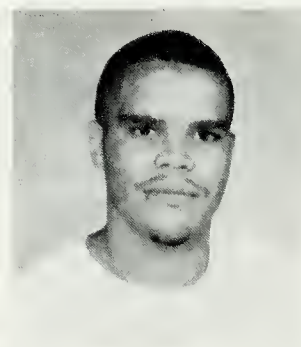
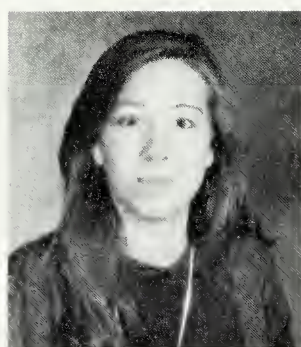
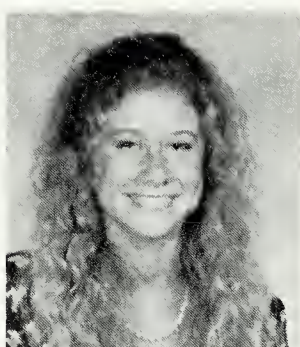
Alisha Gray
Irvin Grayson
Ron Grayson
Julie Green
Yolanda Greenhow



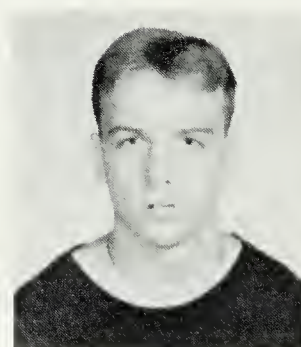
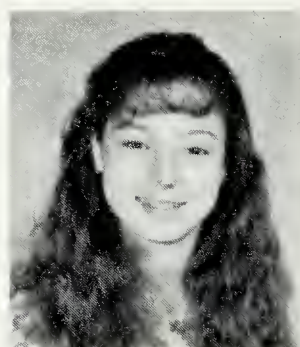
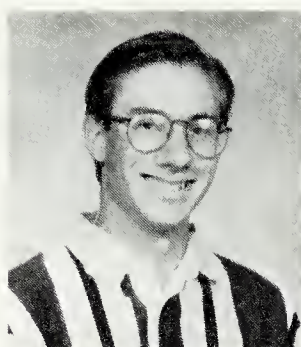
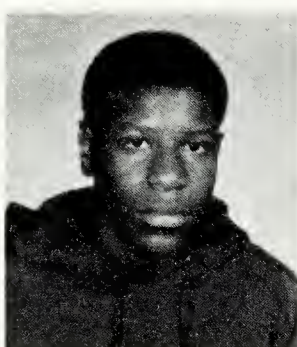
Jason Grice
Ada Grimsley
Kwame Groves
Chrissy Gurley
Chrissy Haines



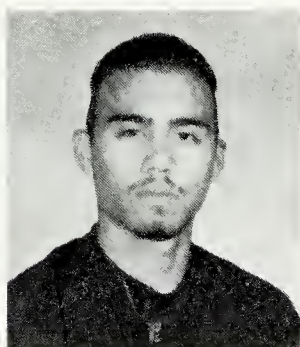
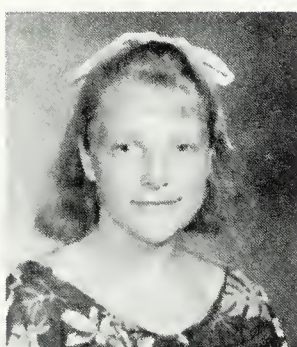
Ernest Hairston
Stefanie Hall
Nicole Halle
Juhui Ham
Mike Hanson



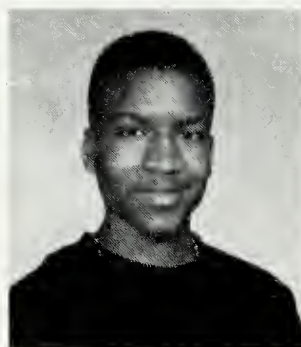
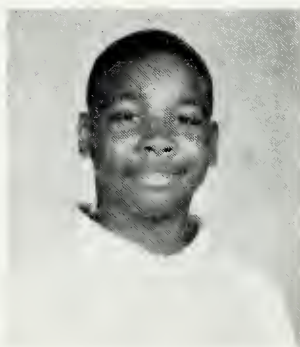
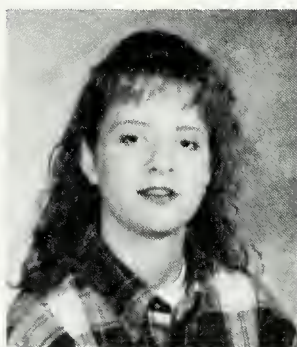
Calvin Hargett
Matt Harner
Raymond Harris
Amanda Hayes
Robert Henrich



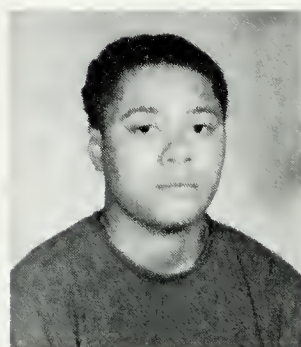
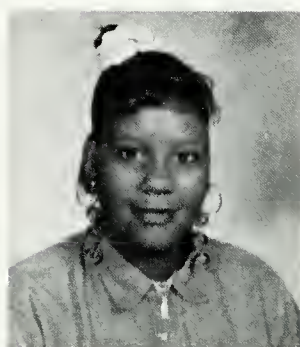
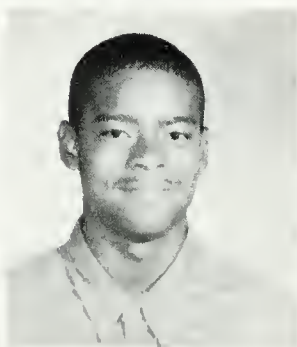
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Rick Hernandez
Greg Hillmar
Shawn Himeon
Jennifer Himes



Kelly Hixon
Marvin Howard
Ray Howard
Sean Hopkins
Nomikka Hunter

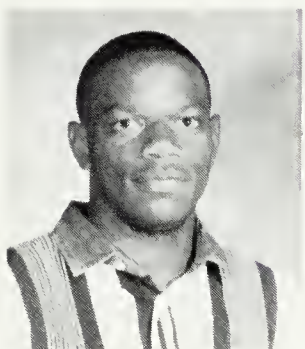
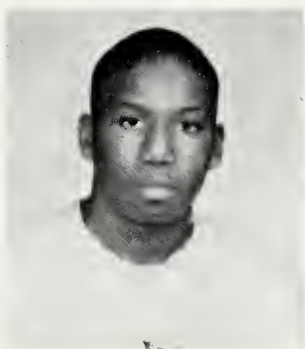


Larry Jackson
Nicole Jackson
Danielle James
Tanya Jerkins
Kevin Johnson





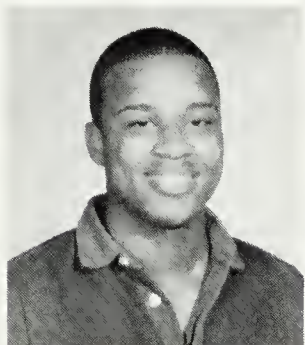
Billy Jones watches his discus fly. Billy is an excellent sophomore athlete who takes a great deal of care to ensure that he puts the most into anything he does.



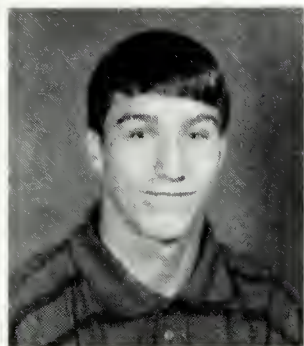
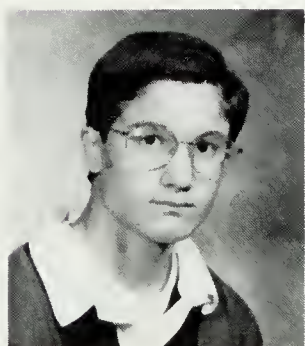
Raelynn Johnson
Terry Johnson
Billie Jones
Marcus Jones
Stephanie Jones



Misty Jordan
Soraya Jordan
Justin Kane
Tim Kashack
Misty Kell



Meghan Kent
Eli Keyes
Dashan Kimber
Barena Kimble
Jay Klakowicz

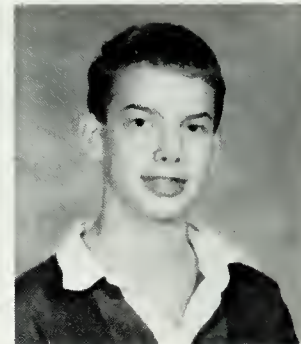
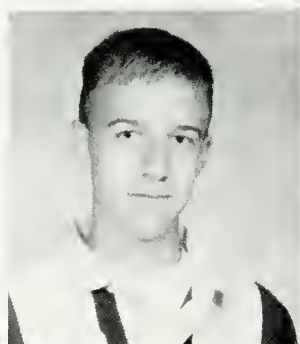


John Korneder
Thomas Kurylo
Chris Lamberton
David Lamberton
Katie Laskey

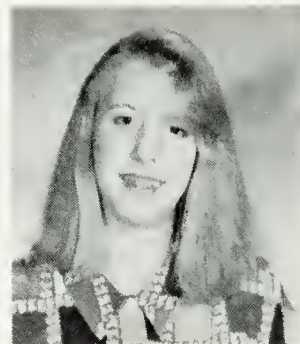
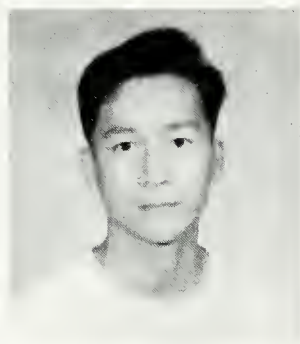
Jessica Lawter
Tasheka Leavell
Dawn Ledford
Jessica Leiter
Zurich Leiva



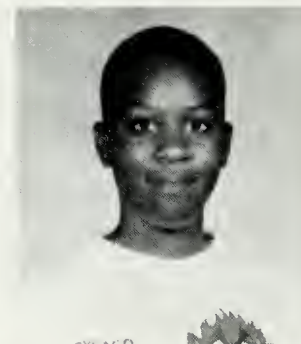
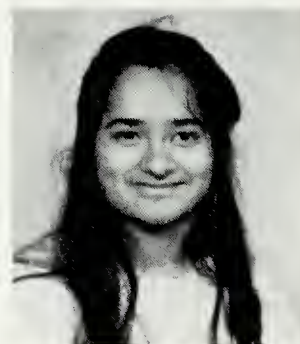
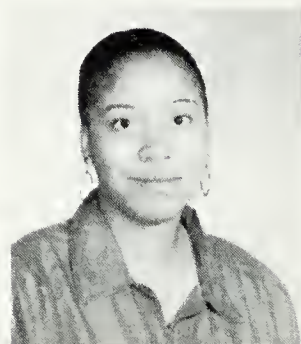
Brian Letendre
Latrell Lewis
Richard Lewis
Crystal Likens
Cameron Linegar



Tran Trieu Linh
Thomas Long
Livingston Lopresti
Regina Lovic
Melissa Lundy



Diamond Lynch
Matt Lynch
Anitra Major
Irene Mammen
Felicia Marshall



Justin Rillon demonstrates how he used some of his snow days. The rest of his free time time was spent in burning off the energy he gained from this short nap.

During the school year, students are usually swamped with homework, after school activities, jobs, and chores. Their schedules make it difficult for them to find time just for themselves or for the "little things" they need to get done.

During the month of February, Potomac students, like many others in Virginia were given the chance to catch up on those "little things" by Mother Nature. Schools were closed for several days at a time due to some snow and a

"whole lotta" ice.

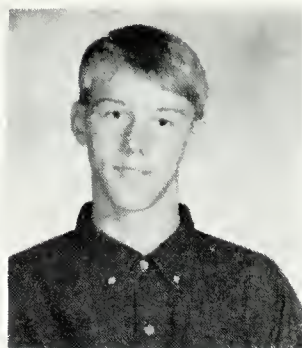
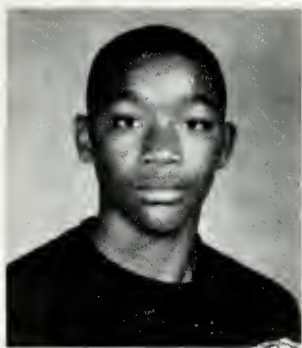
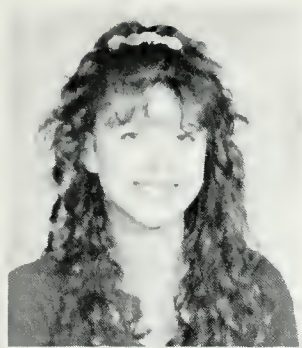
A poll was taken of what students did during their unscheduled vacation time. What follows are some of the "little things" they did.

1. Went sledding
2. Caught up on lost sleep
3. Watched T.V.
4. Went shopping with friends
5. Got "snowed in" at a friend's house
6. Got to go to some week night parties
7. Caught up on some homework
8. Finished a science project
9. Talked on the phone

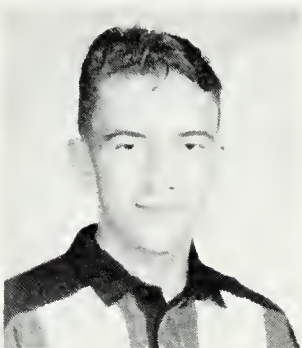
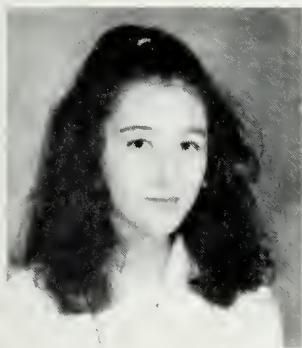
with friends - sometimes for hours

10. Made money by getting some extra time at work

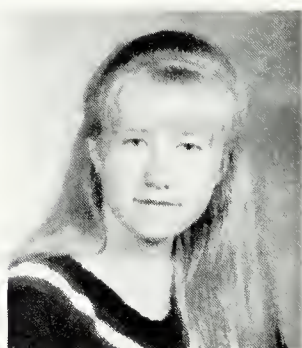
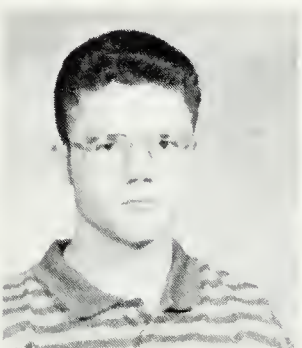
No matter how much extra free time students get, it always seems to us that it is not enough. Sooner or later, we know we have to get back to school, chores, etc. We loved the snow until told that our free time was not so free after all. We have to make up some of the lost time, but it was fun while it lasted. -- Stephanie Truax



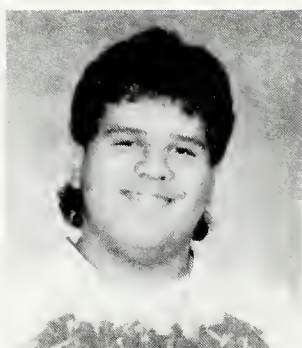
Amanda Martin
Chad McCall
Delroy McDonald
Thomas McGrath
Dave McMullen



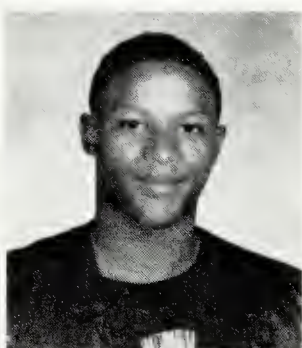
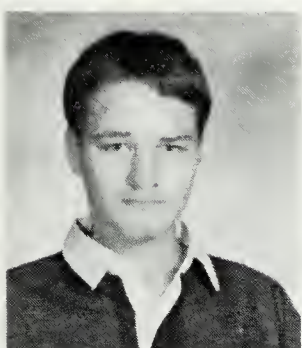
Jasmine McReynolds
Eugene Meadows
Tiana Meek
Joyia Meeks
Anita Mehayaddin



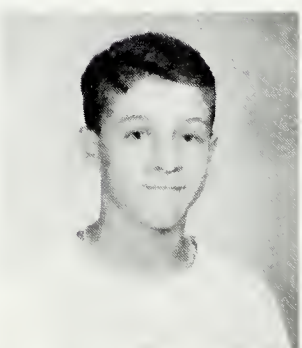
Terra Merbach
Donnie Merrix
Scarlett Meyer
Jim Miles
Christy Miller



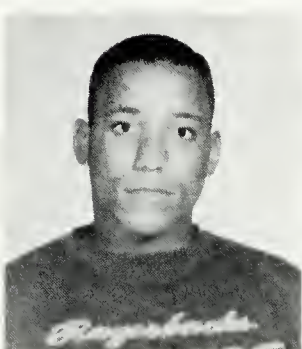
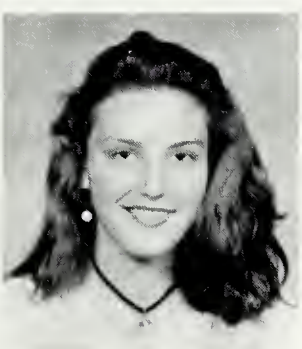
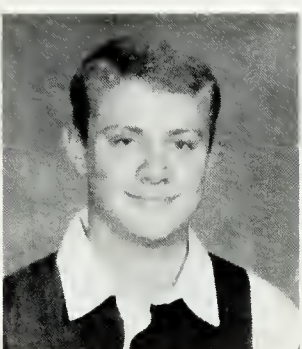
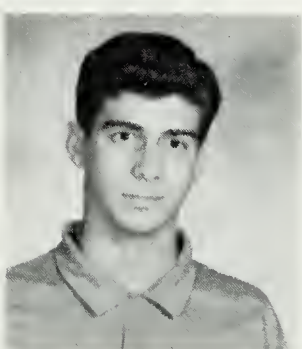
Jackie Miller
Jennie Miller
Nick Mitchell
Eric Monteverde
Neven Morcos



Kevin Morgan
Alisha Murphy
Ahmed Najar
Heather Nation
Anthony Nelson



David Newman
Angela Newsome
Tommy Nicholas
Brian Nicknadavich
Jessica Orndorff

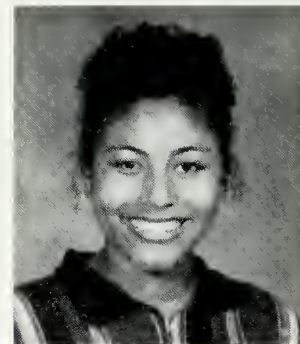
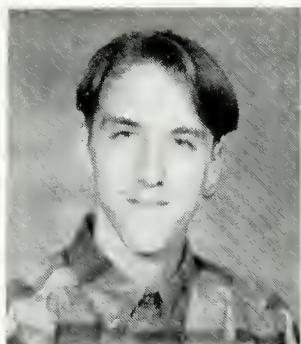


Alex Ortiz
Steve Osborn
Carrie Osborne
Johnny Overton
Deborah Pack

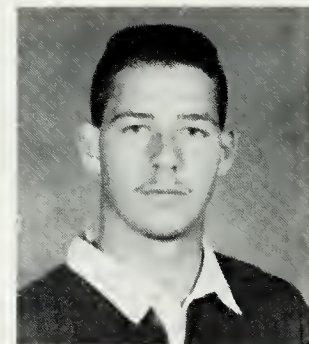
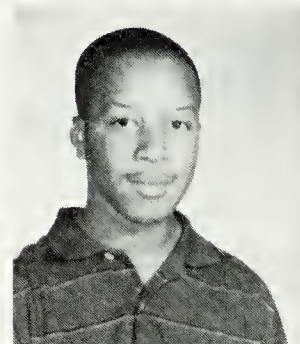
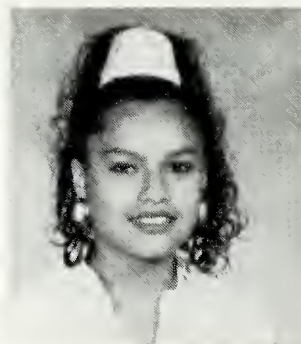
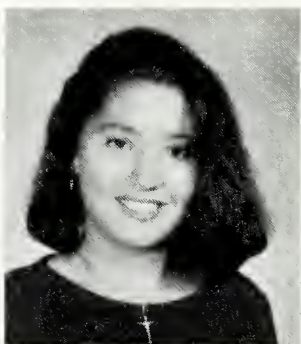
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Trey Parker
Samuel Parker
Kristen Paterson



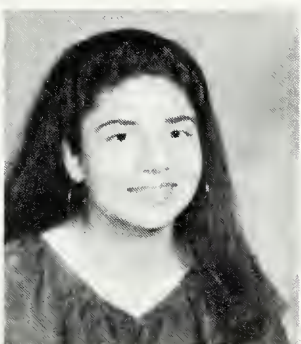
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Sarika Phayvanh
Kari Poe
Shevonne Polastre
Clarissa Porter



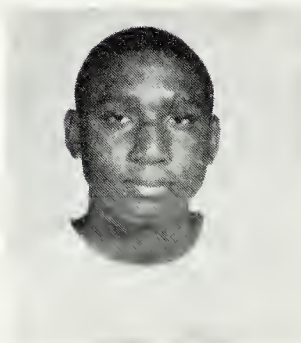
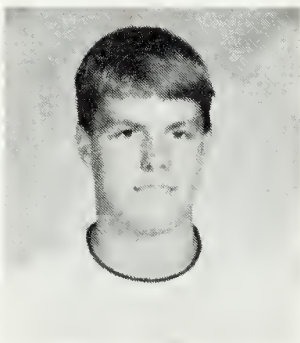
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Bucky Power
Sandra Principe
Jamal Queen
Jimmy Queen



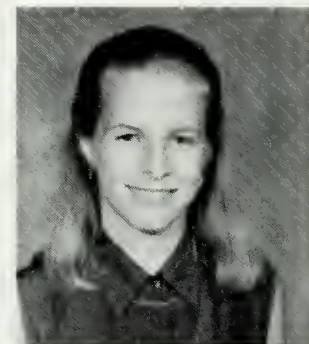
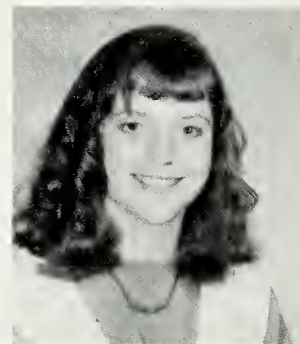
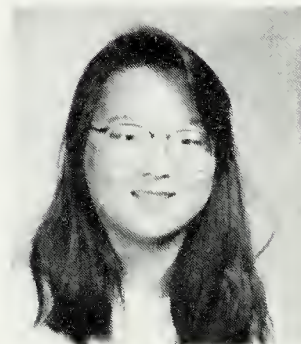
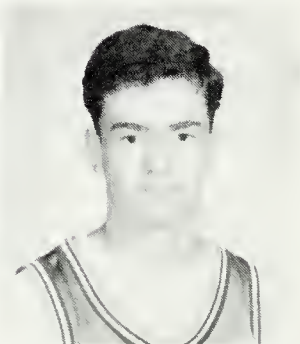
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Tracy Rollis
Sean Raniella
Kelly Reinhardt
John Reiss



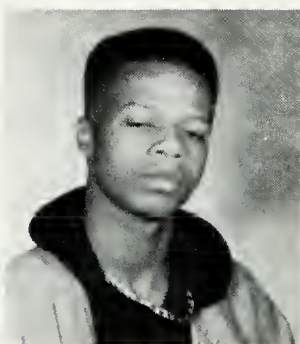
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Josh Rogers
Rolan Roberts
Crystal Roop
Jody Ruhren

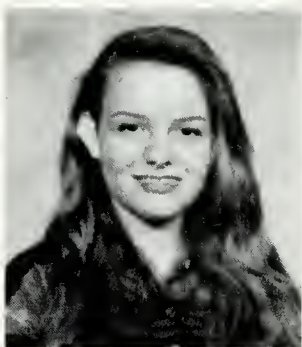
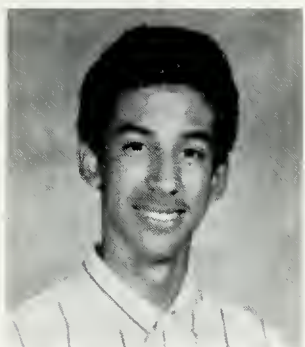
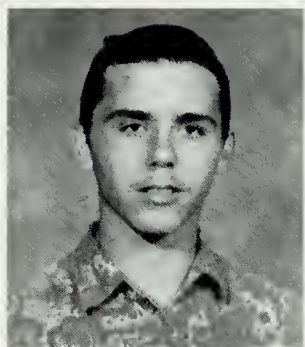


Tonia Rumble
Nathan Russel
Eungee Sablan
Amanda Sackett
Carol Savage

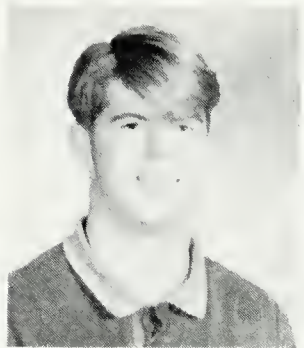
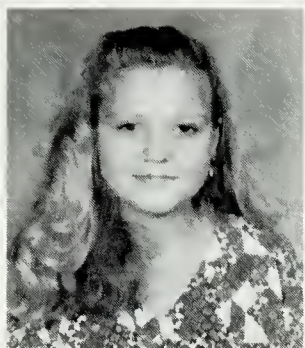


Naisra Shafeek
Fateh Shafeek
Shivaulie Singh
Chastity Skipper
Antonia Smith

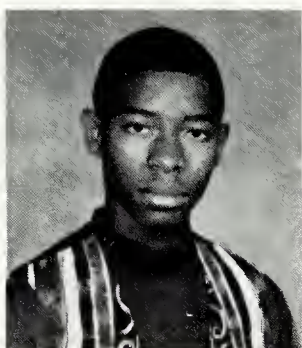
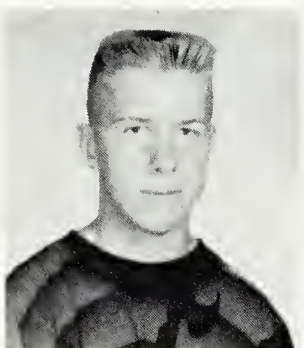
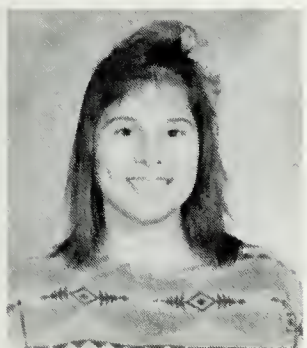




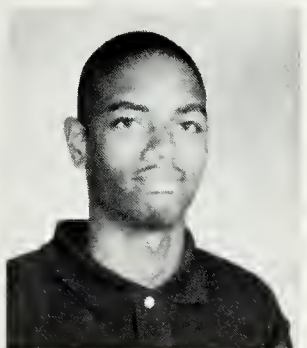
Darren Smith
Walter Smith
Carlos Sotelo
Susan Sowala
Shelly Sowers



Neisha Speights
Jennifer Sprague
Seth Sprague
Jason Stadie
Roxanne Stanley



Vickie Stanley
Warren Stinson
Nikia Studevent
Danny Sutliff
Dabriun Swain

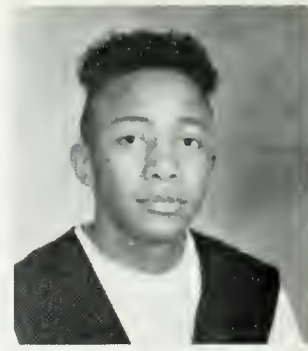


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Caren Tahan
Sheryl Talde
Edward Tauch
Trina Tew

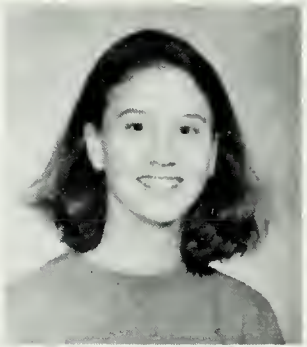
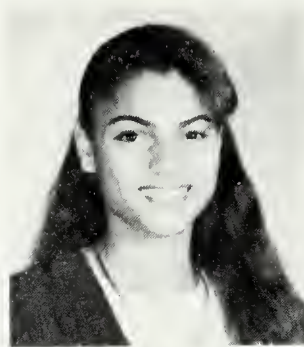
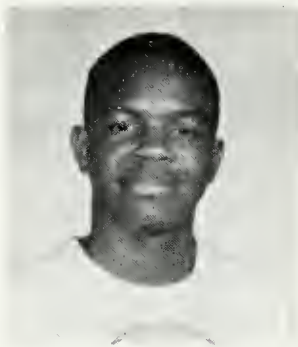


Susan Sowala pauses to think about her response to a text-book question. Even with all the information at their fingertips, students frequently find it best to think answers through before they commit them to paper.

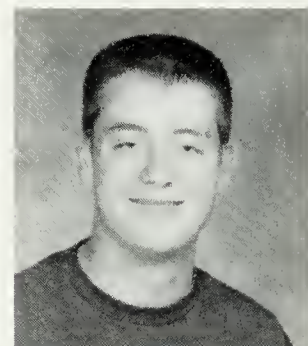
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Renee Theisen
Angela Thomas
Chris Thomas
Tina Thomas



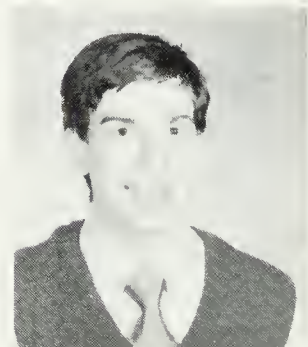
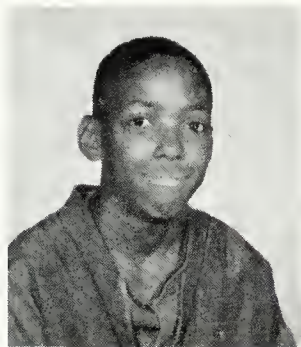
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Fred Thompson
Demaris Torres
Denise Truax
Stephanie Truax



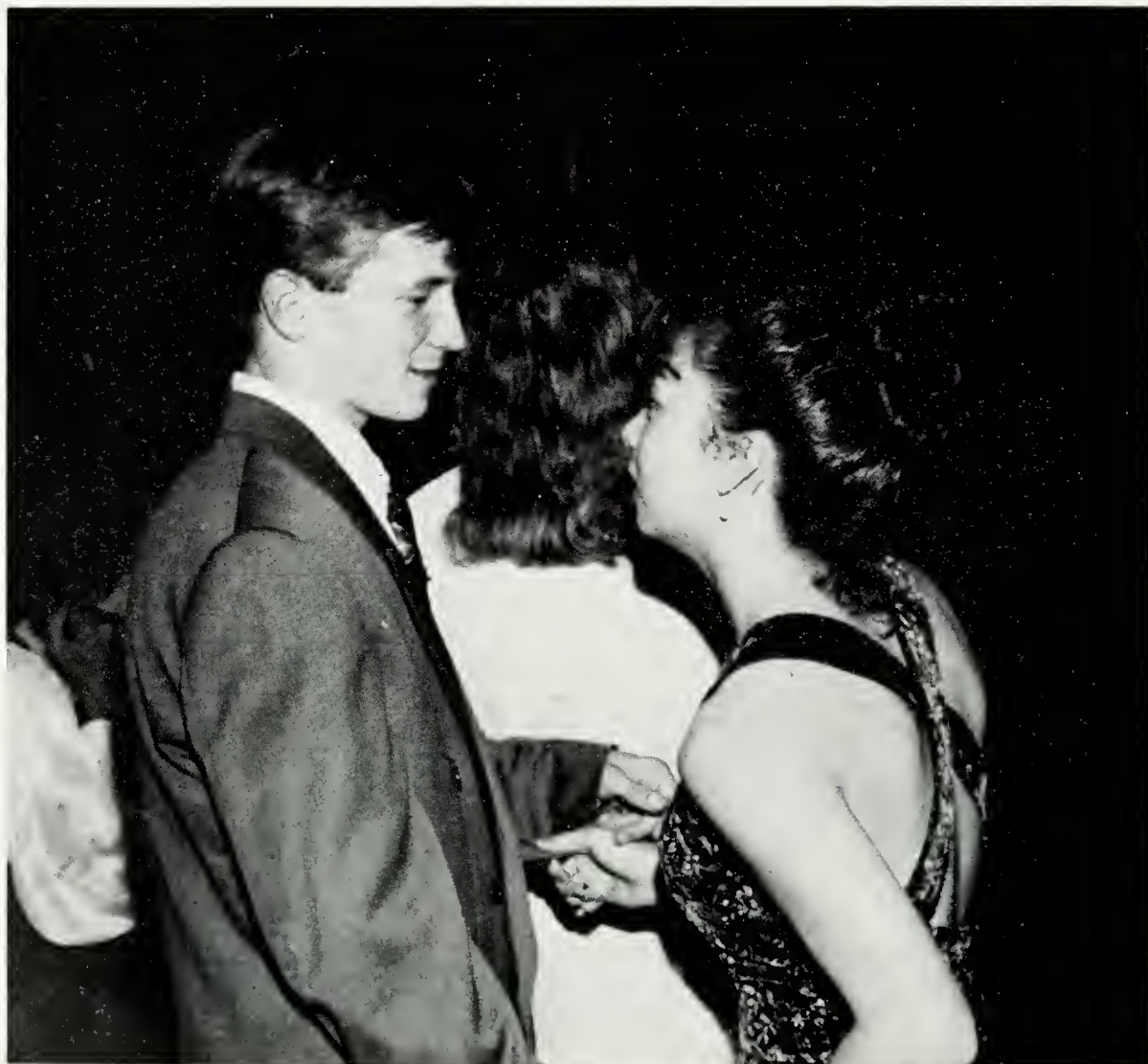
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David Turk
Jackie Twiner
Ryan Ulrich
Kelly Underwood

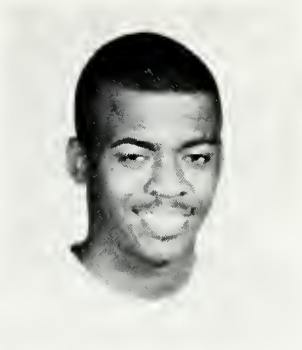


Ellis Venable
Sue Vongphakdy
Adam Wagner
Richard Wegreich
Sun Waite

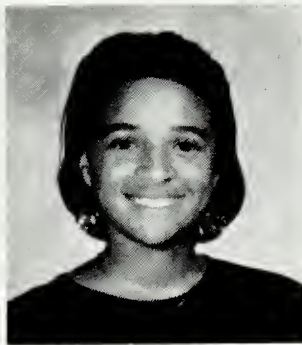
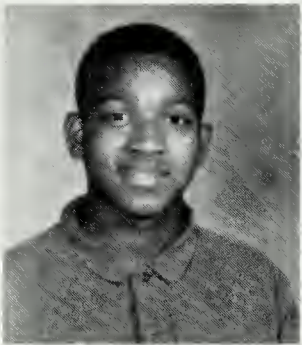
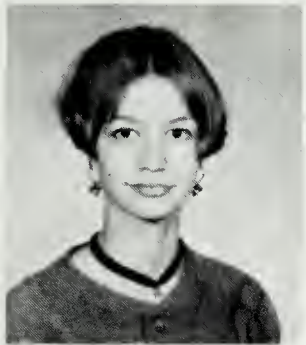


Sophomores Brian Bann and Dianna Duvall enjoy the Homecoming Dance activities. Social events, like the Homecoming Dance, give students the chance to relax and see each other in a different light.

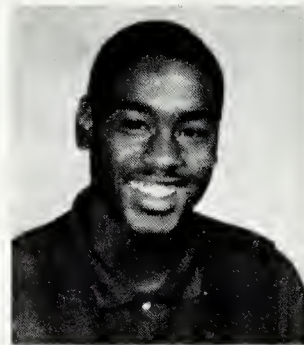




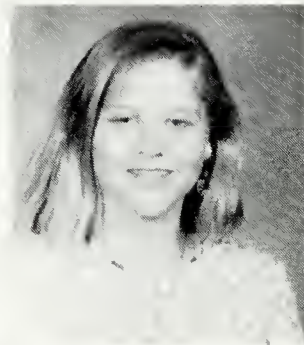
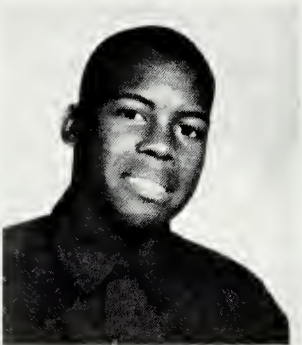
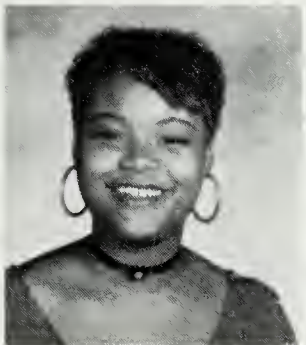
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Kareem Waller
Jessica Wangner
Edward Wards
Jerome Warren



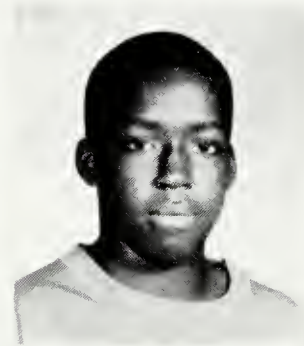
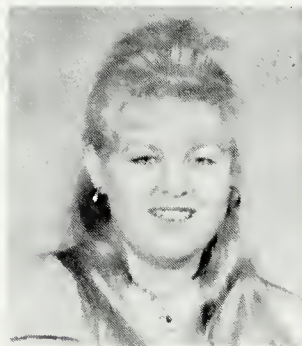
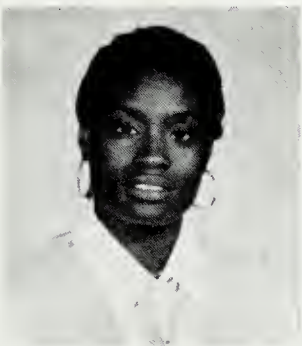
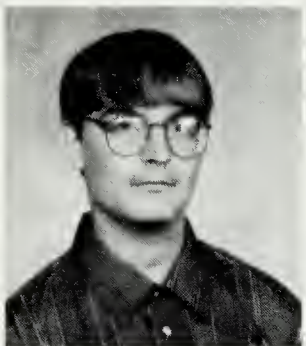
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Mike Washington
Genell Waters
O.J. Webb
Alfredo Weeks



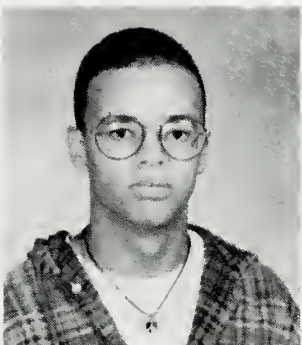
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Dave West
Andrea Wheeler
Ben White
Kenny Whiting



Tanginia Williams
Tim Willingham
Kenny Wilson
Matt Wilson
Angela Winn

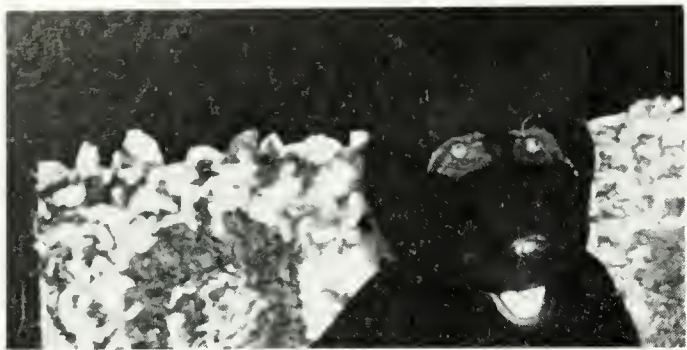


Shawn Witt
Lola Woods
Everett Woolen
Winnie Woolfrey
Jeremy Writt



Angela Yeboah
Jason Young
Donovan Zapata
Jose Zenteno

Class Of '97



Terry Edmonds calls on the crowd to watch the Class of '97's float during the Homecoming Parade.

Eda Catedral caught in the act of deciding what was more interesting - eating a cracker or reading her book.

"The Bus" is not pretty or really comfortable, but it does the job. Day in and day out, many of the Class of '97 count on it and dream of the day when they drive their own "wheels" in the lower lots.





Belinda McMillan picks up on some "sounds" as she moves to her next class. Music plays an important role in almost every student's life, from Band class to just "just hanging out."



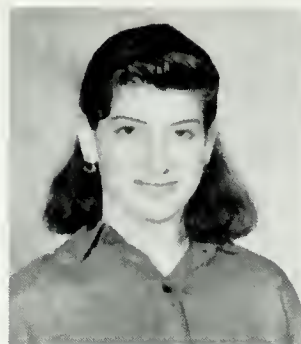
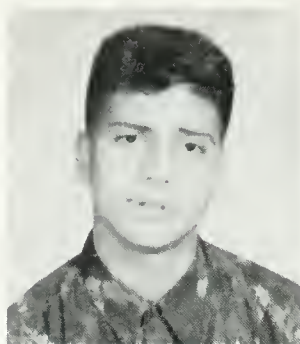
Terry Edmonds, Samantha Smith, Lee Schmidt, and Maureen Scott check parts of their class float. Activities like this helped freshmen develop a sense belonging to a great team and school.

Andrew Flynn and Ephaisia Smith are set to enjoy one of the many social gatherings at PSHS. Dances gave students a chance to relax and have fun in a safe environment.

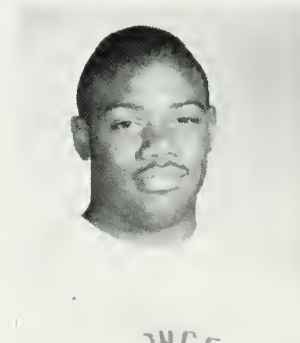
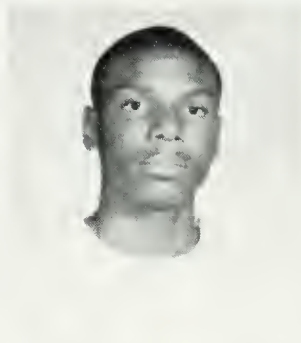
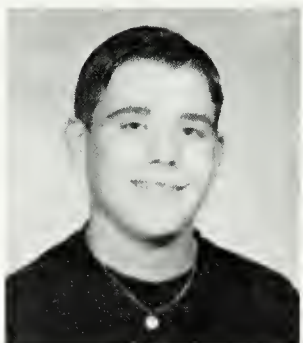
Freshman, Themba Jones quickly thinks her next move through. Many do not realize the amount of mental activity that goes into making gymnastics a thrill to watch.

Arlynn Flecker gets a lift from her teammates during practice. Getting involved in after-school activities allowed students to socialize and follow up on personal interests.

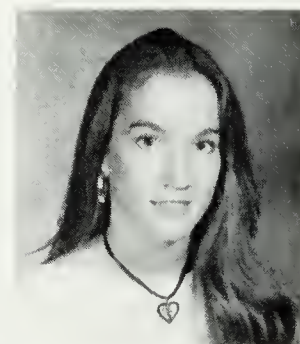
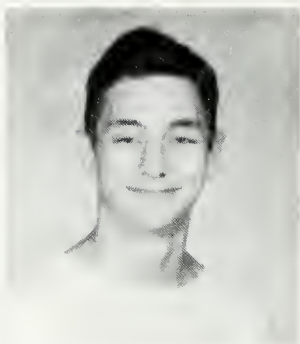
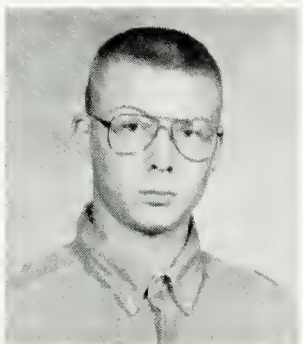
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Salmon Ahmed
Anita Allder
Jessica Allen
Kelley Allen



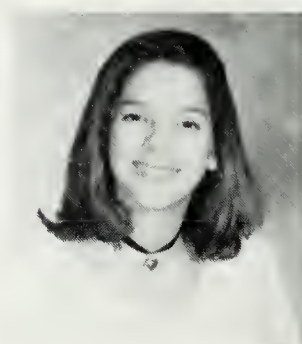
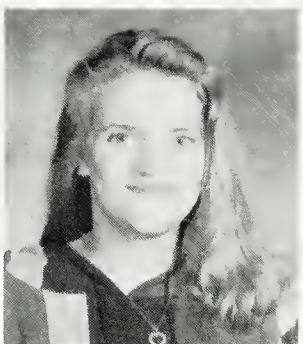
Bruce Allison
Christina Alston
Julius Alston
Jackson Alexander
James Anderson



Steven Apperson
John Aragon
Jessie Arias
Sandra Asbury
Celma Ayala



Julie Ayres
Amy Baker
Corey Banks
Jessica Baron
Heather Barley



Anticipating The Big Game

It was game day. The big game was happening tonight, the anticipation had lasted all week long. It was announced that we were to wear our *shades of blue* today in support of the team. Posters were hung on all the walls showing our school spirit.

All week long Jr. Civilians were asking us to buy spirit links for a dime. All of us weren't sure what a spirit link was, but it was only a dime. The buzz was hitting the halls, "going to the game" was the ques-

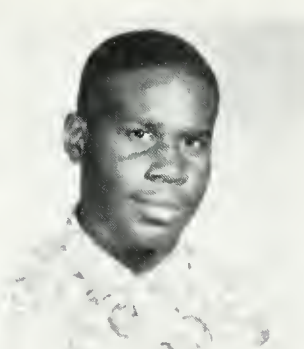
tion of the day.

Teachers were asking us in class to come out and support the Panthers, after all this was for the big one. The team was great to watch, the crowd needed to support the team.

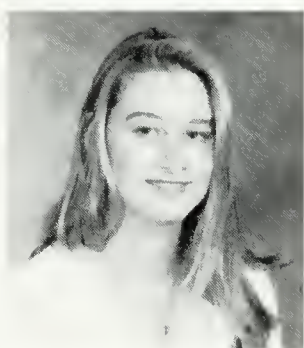
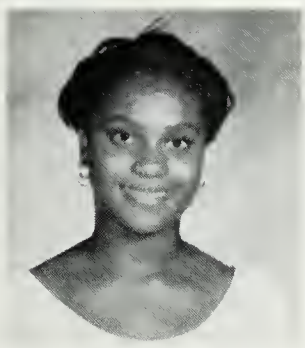
This was what high school was all about. We thought to ourselves, everyone getting behind a common cause. That cause was a big victory for us. Yeah, another one in the win column and we were there to watch. -- Wendy Whetzel

Michael Smith wows the crowd with his rendition of the Star-Spangled Banner. Many different groups and individuals recieved a turn at the mike for a try at our National Anthem.

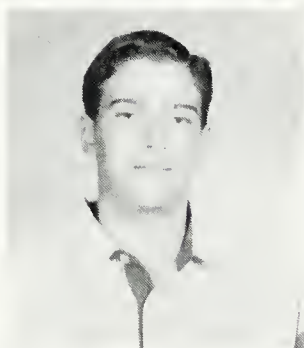
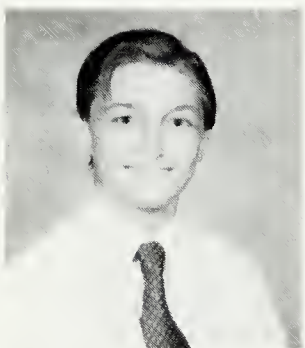
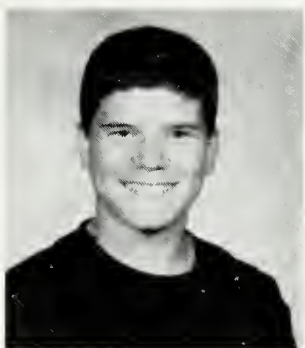
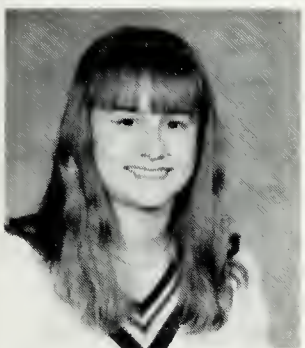




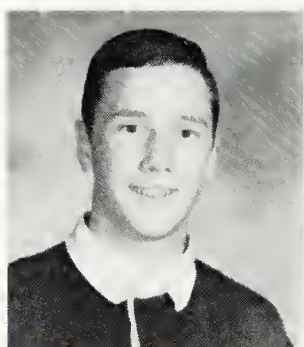
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J.B. Barnett
Chantal Barrett
Ini Bassey
Jeremy Belvins



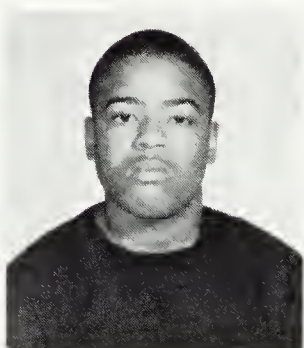
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Ken Birch
Shaun Blair
Allen Bock
Rachel Bond



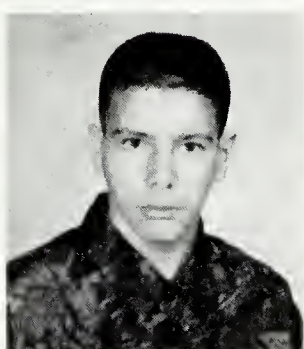
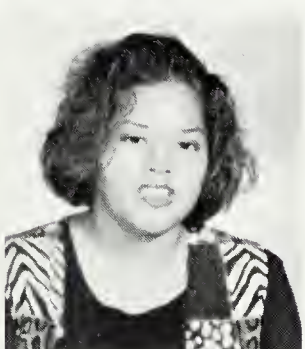
Katy Bouchard
Kraig Botte
Paul Botto
Joyce Brewer
Mike Britt



Scott Britt
Bonnie Britton
Angela Brack
Danielle Brown
Jeff Brown



Casey Browning
Anne Bruschi
Allen Bryan
Jamal Bryant
Tamar Bryan



Steven Burdette
Mindy Bushey
Martha Cadena
Riva Campbell
Ryan Canada

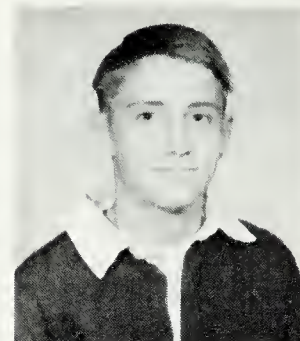
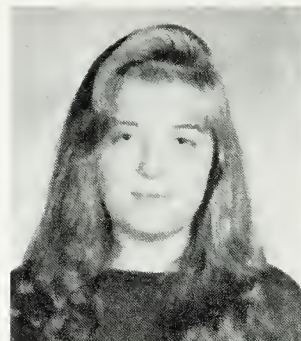
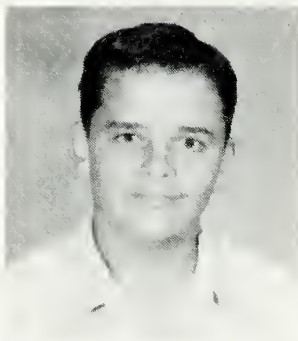


Treava Cardona
Yukia Carpenter
Chantel Carpenter
Josh Carvalho
Eda Catedral

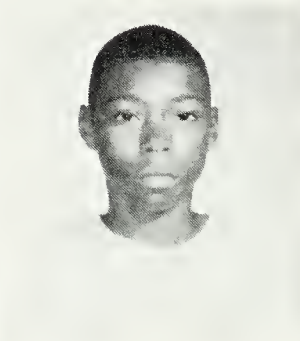
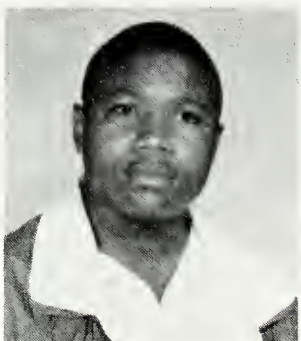
Shannon Chambers
Wayne Chapin
Susie Childress
Steve Chipps
Chris Chudacek



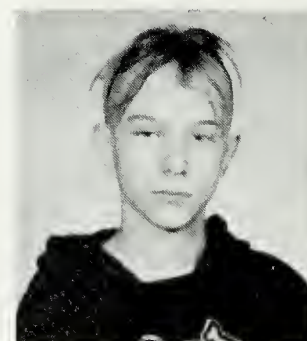
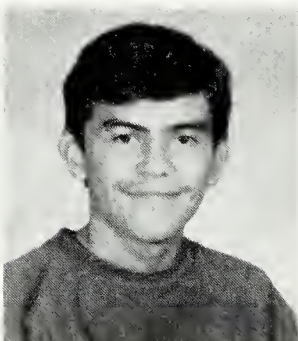
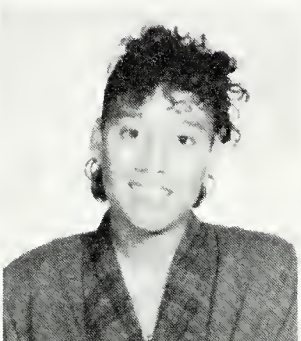
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Andy Clark
Elizabeth Clifton
Steve Clement
Lisa Coleman



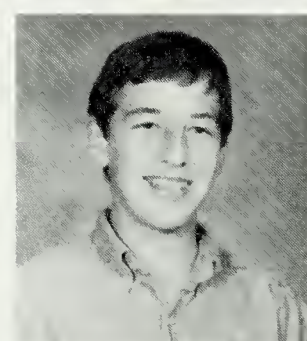
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Gina Coletto
Jamie Cornell
Kierre Carroll
Ana Cruz



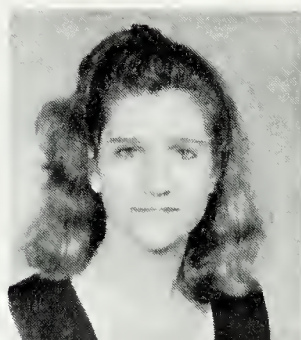
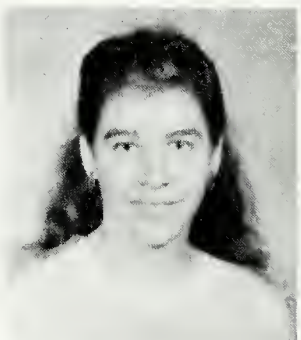
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Roberto Cuevas
Matt Danielson
Geoff Darrah
Michael Davis



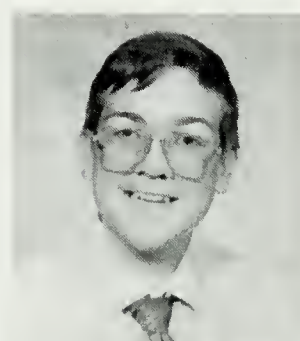
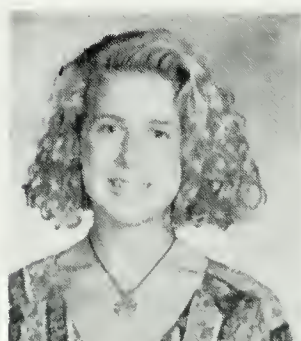
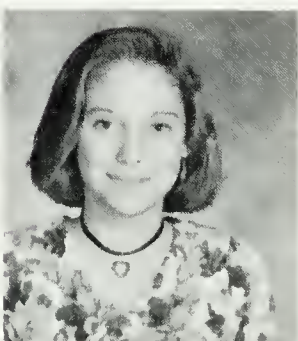
Julie Dement
Maritzita Dennison
Laura Dent
Kelly Dillon
Gordon Dodson



Edith Donohue
Dana Douglas
Denise Dove
Jennifer Downs
Kristen Duclos

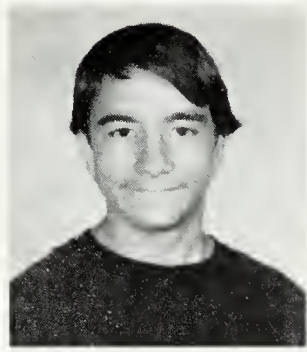
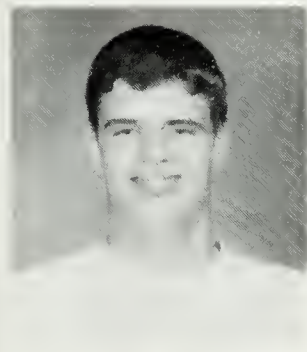


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Meghan Dunn
Mary Edgington
Terry Edmonds
Justin Ellis

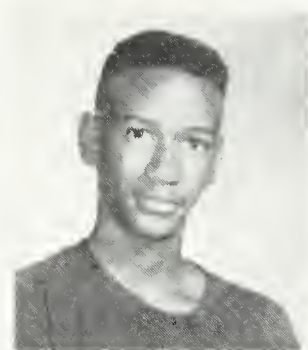




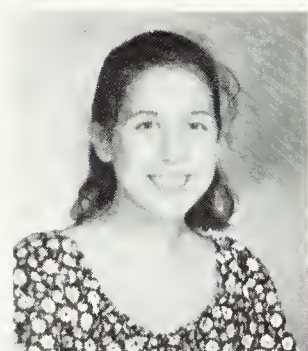
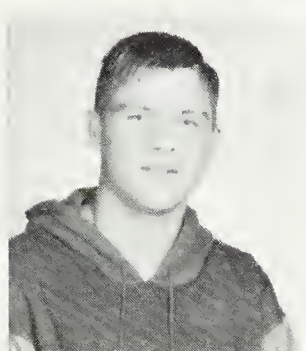
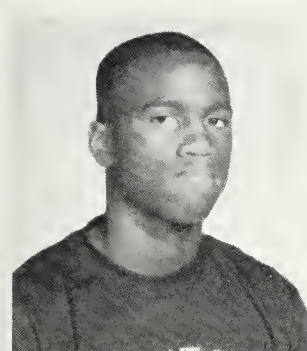
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Bopha Eng
Michelle Escobar
Chris Fair
Bob Falk



James Ferguson
Simmona Ferrell
Michael Finley
Andrew Flynn
Arlynn Fleck



Mark Flores
Amanda Ford
Brad Foster
Lovelle Fowler
Iris Funes

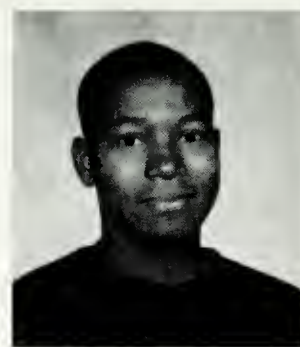
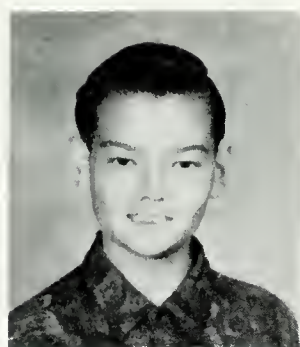


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Ricky Garrett
Gary Jason
Jessie Gibson
Robbie Gift

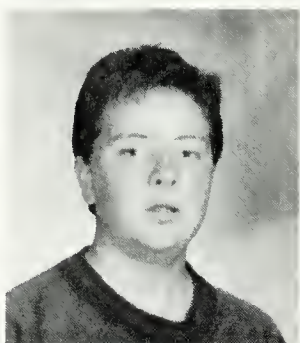


Parents enjoy a reception after the first ever Student/Parent Exchange Day. The day gave parents a chance to sit in their child's classes and see how school has changed (or maybe it's the same) over the years.

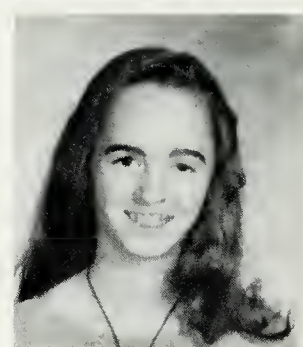
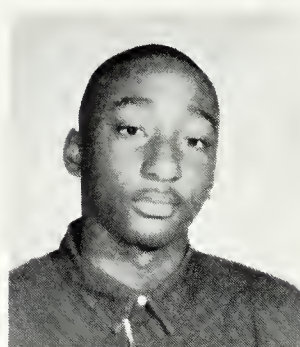
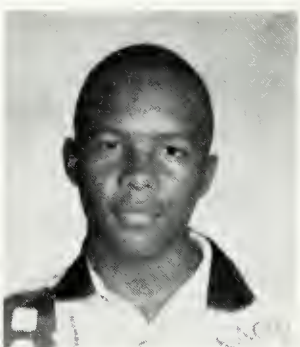
Joseph Gipson
James Goins
Shea Golden
Melissa Goldsmith
Tiffany Goodwin



Brian Graham
Bernard Green
Callie Green
Kristy Hallman
Jason Hamilton



Ali Hampton
James Hanson
Jason Harris
Brock Harrison
Lindsay Hartt



Barbara Hashida
Kathy Hawkins
Tamara Hawkins
Jennifer Henderson
Steve Hicks



Hats, Why Not?

Who said wearing hats in school was against the rules? Well, the teachers felt that hats were a distraction in the classroom, also that someone's attitude seems to change when they sport a hat. When asked about the hat rule many students screamed foul. They believe that rules are made to be broken.

"It may cover our heads, but not our minds. They should be allowed," said Efrain Carrillo. Tisha Thompson added, "We are allowed to dress how we see fit and if a hat is part of your wardrobe then wear it."

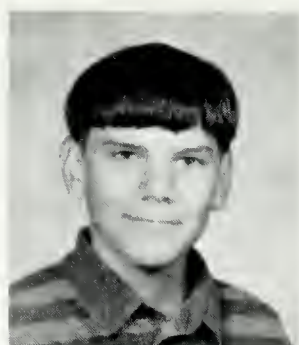
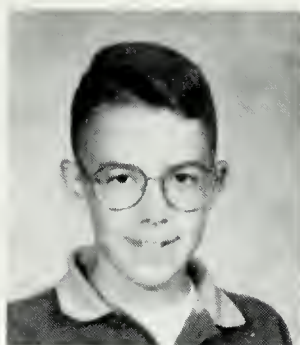
Some students feel that walkmans are much more distracting than hats. Yet,

the walkman rule has been stretched to allow students to wear them before school, at lunch, and in the halls at class change. "A hat is a lot less distracting than a walkman," said Ian Flynn. For many teachers it is a matter of respect, when indoors one removes their hat.

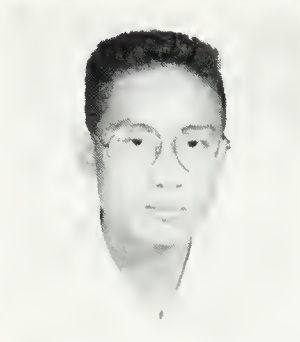
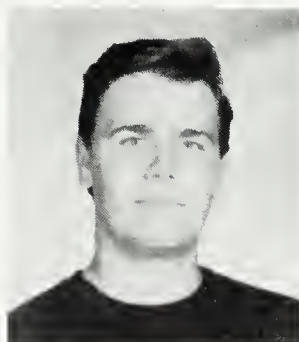
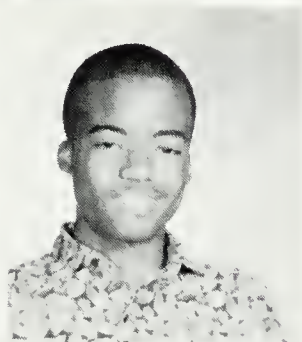
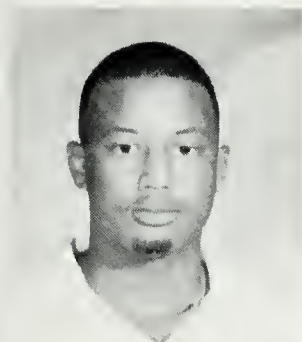
For those students who continue to wear hats in hopes that the rule will change, might be waiting a long time. Don't give up, stranger things have happened. --Jen Ghisolfi

Students at an after school Junior Civitans meeting, wear their hats. Many students feel that the hat rule is obsolete and should be changed.





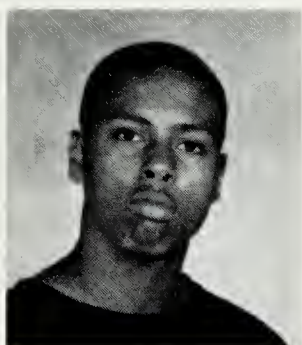
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Shawn Hobbs
Paula Hogsett
Adam Holloway
Ahmadyar Homaira



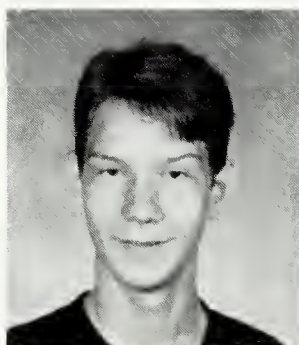
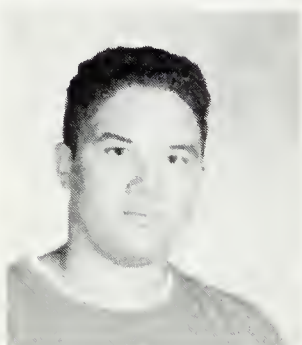
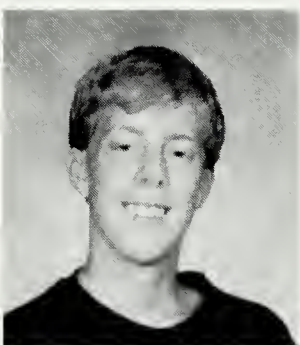
Patrick Honore
Lisamarie Humphries
Jeremy Humes
Nathan Hunsaker
Tin Huynh



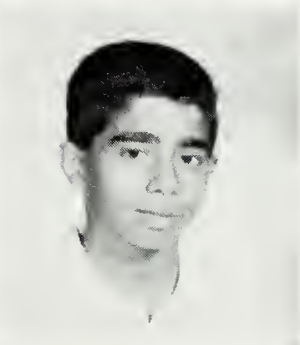
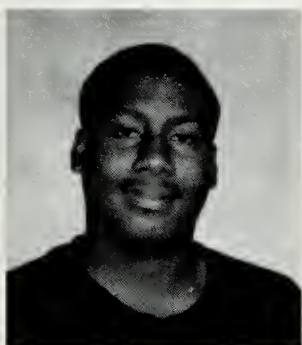
Tim Ingle
Kennisha Jackson
Lisa Jahnke
Jessica Jaspin
Justin Jocewicz



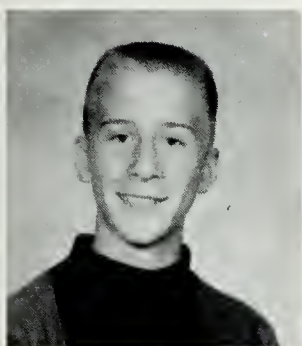
Desmond Johnson
Vashona Johnson
April Johnson
Darci Jones
Amber Jones



Themba Jones
Brian Jordan
James Jordan
Michael Jordon
Roosevelt Jordan

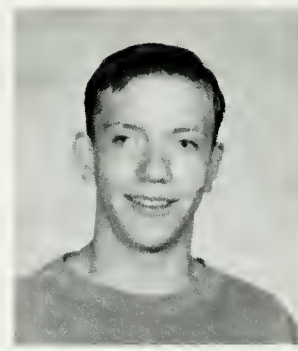
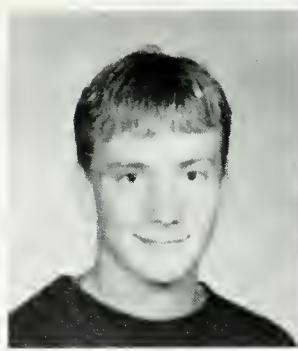
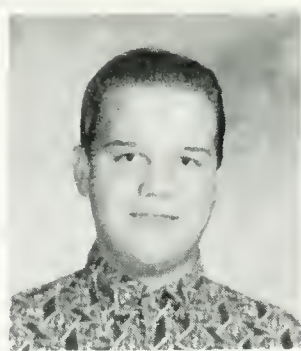


Antonio Juggins
Adnan Karimi
Rachel Keen
Elizabeth Kell
Joshua Keys

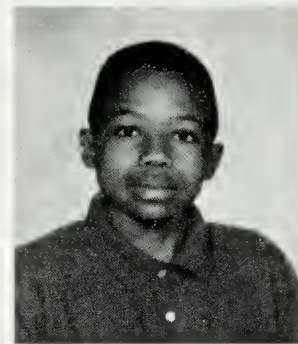
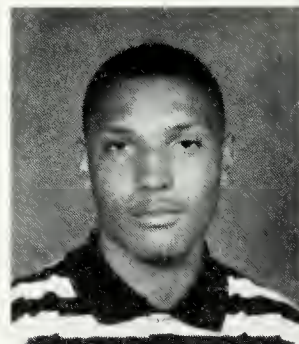


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Benjamin Koontz
Steve Kornicker
David Krek

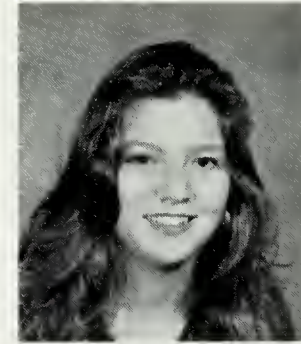
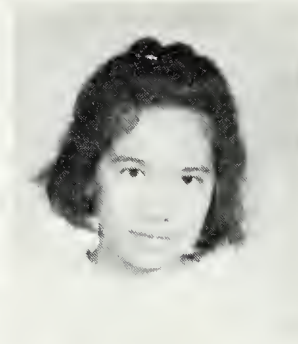
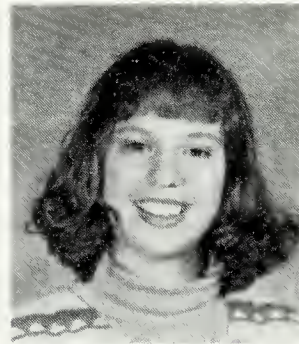
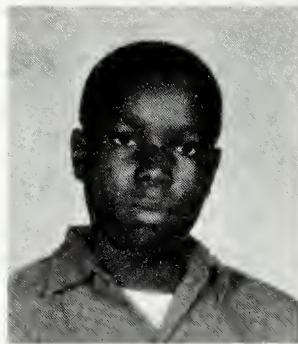
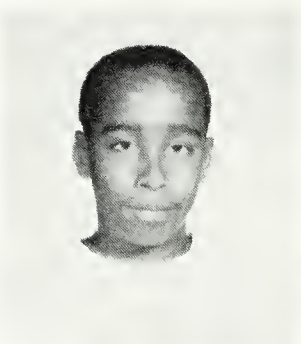
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David Kuhns
Thaddeus Kwiatkowski
Matt Langham
Jeremy Law



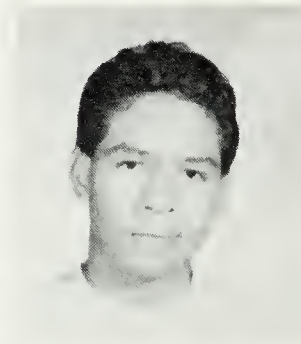
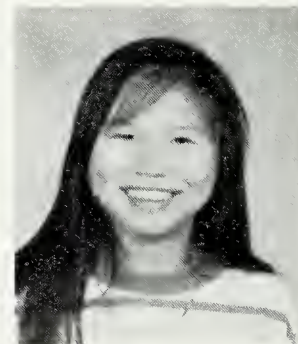
Tommy Lawhorn
Heather Leach
Rashad Leven-Berry
Greg Lewis
Ange Liming



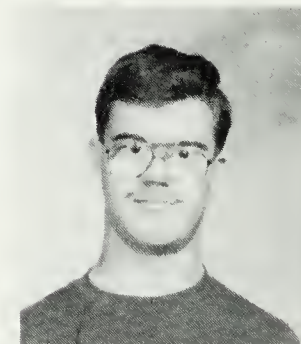
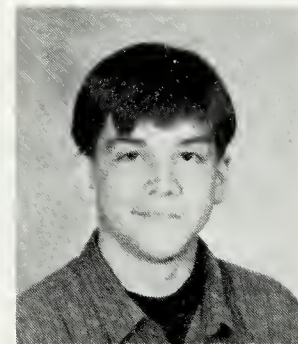
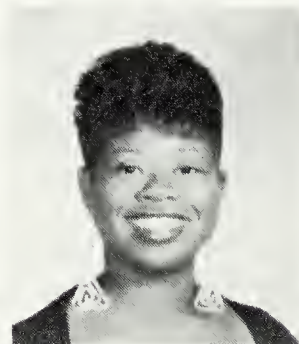
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Quinlin Lindsey
Catrina Linegar
Ngoc Linh-Tran
Chrissy Livingston



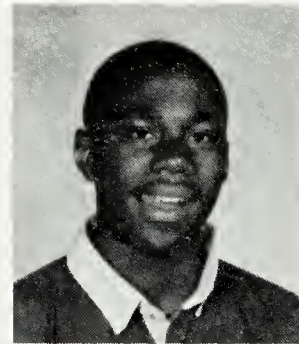
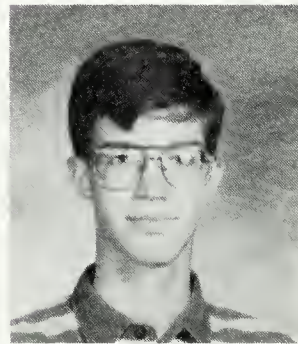
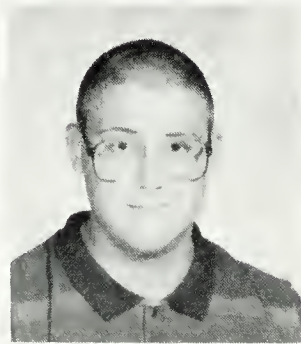
Yanet Lopez
Michelle Lorenz
Lindsay Mahan
Phon Mankhala
Rudy Manzanares



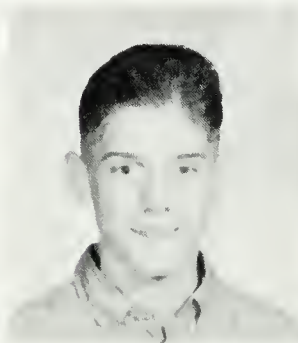
Josh Marcum
Dan Marks
Nicole Mars
Eric Martinez
Keith Martinez



Kevin Mast
David Matuay
Terrence McCoy
Jenell McKayhan
Tenika McMillian

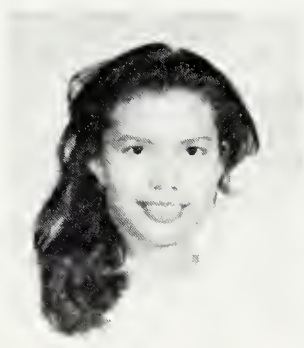
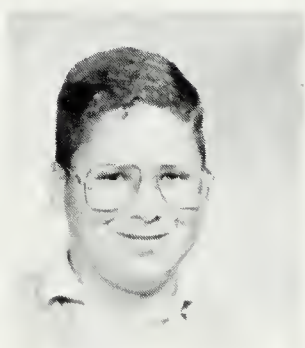
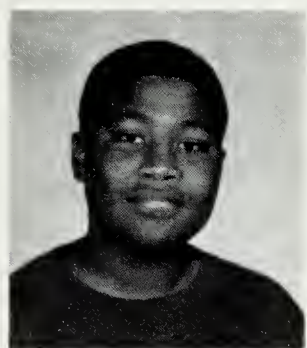


Belinda McMillian
Kyle McPherson
Parada Melvin
Helen Miller
Ashley Modell

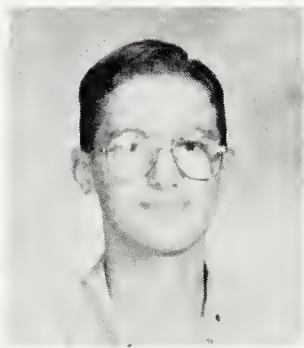
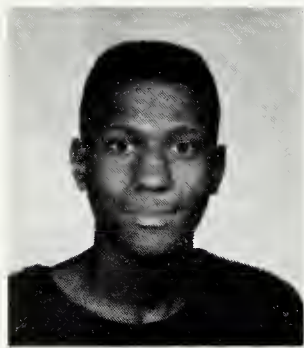




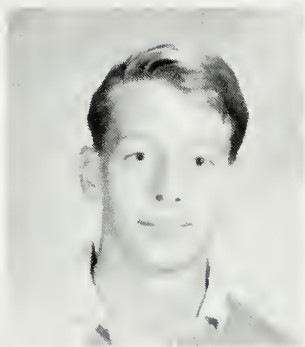
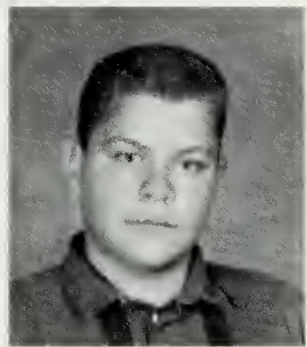
Freshman Wayne Chapin hurries along the main corridor so he won't be late for his class. For the freshmen there were many adjustments to high school life, such as the three tardy suspension rule.



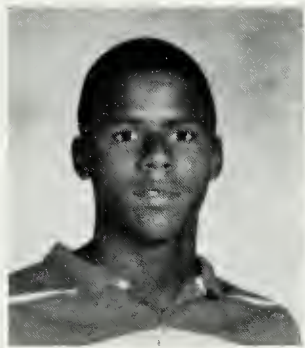
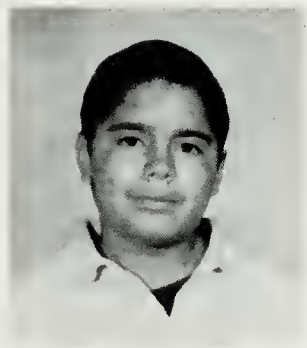
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Richard Motley
Deysi Munoz
Johnni Murphy
Natasha Murphy



Betty Newbill
Erin Newman
Joseph Newby
Ryan Okuly
Sam Orr

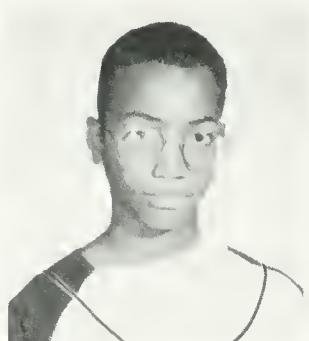


Walter Osborn
Eli Osina
Chavonne Outerbridge
Mike Oxendine
Melissa Ozguc

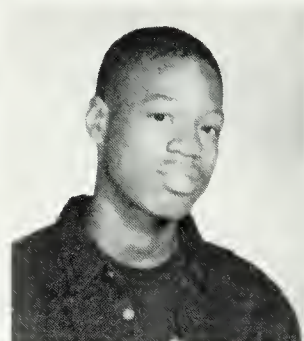


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Nicky Parker
Tish Parr
Greg Paugh
Angie Pearson

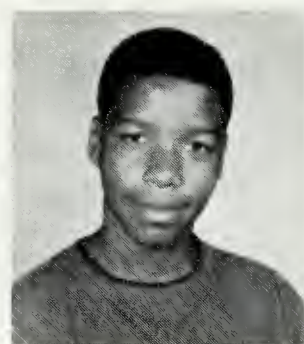
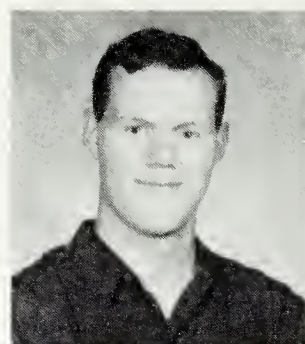
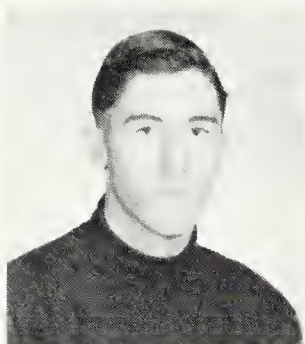
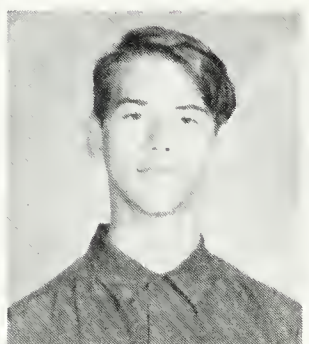
Gerald Perminter
Vannora Phayvahn
Darrell Ping
James Pilkington
Alexandra Portaluppi



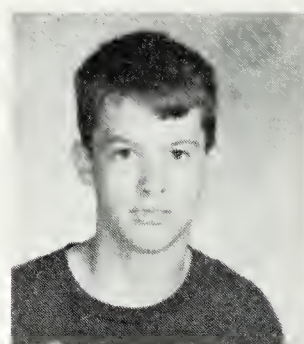
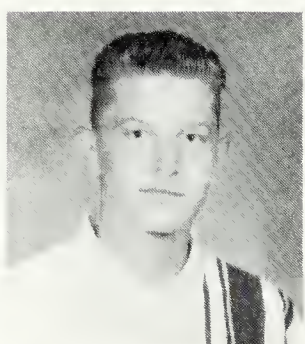
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Denisha Price
Adrienne Pruitt
Joe Quinn
Rashine Raiford



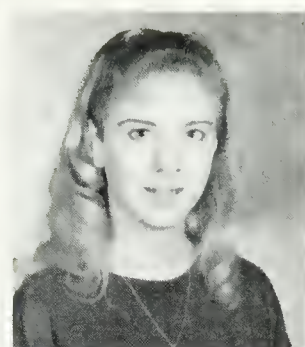
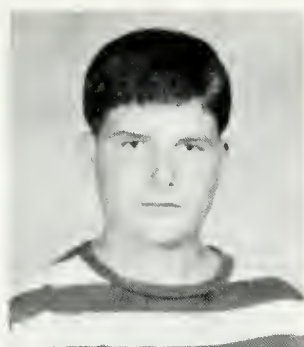
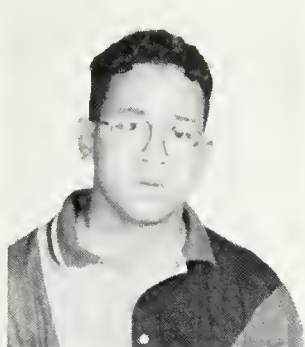
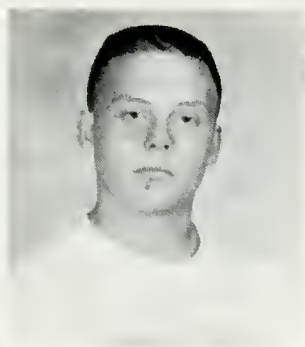
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Jimmy Raniella
Jeremiah Rasmussen
Antoine Redman
Lisa Reeves



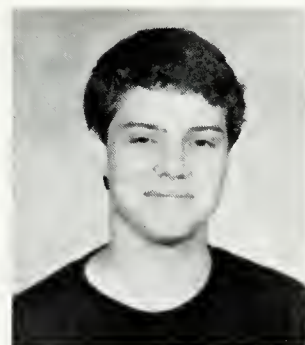
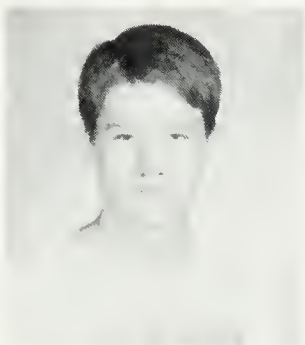
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Jennifer Reynolds
Eddie Rhode
Brandie Riddle



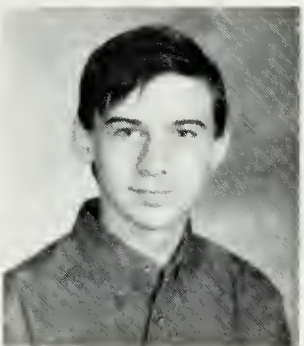
Freshman Sherrie Stanley and Rob Pike enjoy a slow dance at the Homecoming dance. The dance was one of the few occasions throughout the year that students dressed up and enjoyed a special evening.



Stephanie Rinker
Mike Rison
Ranier Rivera
Chris Robbins
Audra Roberson



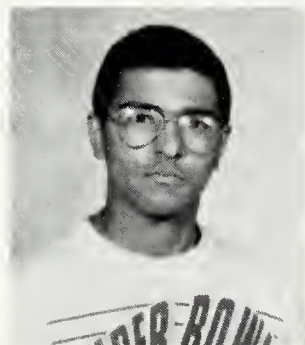
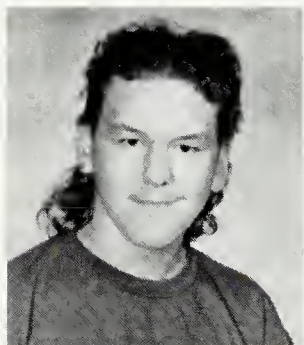
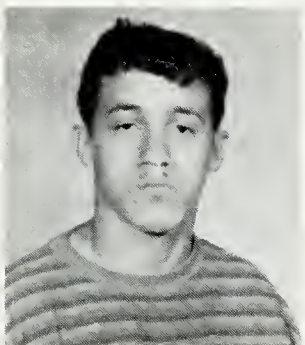
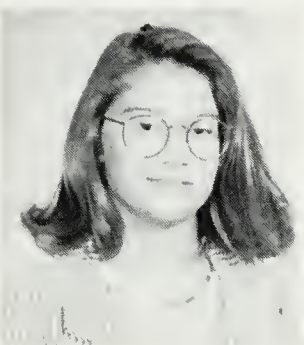
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Charla Rogers
Jason Roy
Rob Saliski
Kyle Savage



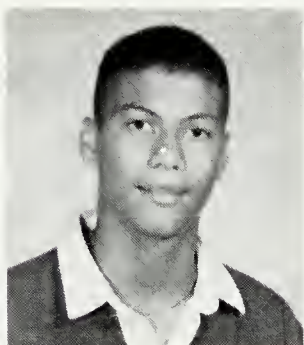
Chet Scott
Sherry Sclater
Maureen Scott
Manichan Sengsourinh
Aliya Shafeek



Shannon Shifflett
Tasha Shine
Tim Shubargo
Sabrina Shugars
Ben Silence



Lisa Silor
Ellie Simmons
Diane Simons
Chris Sinclair
Sandeet Singh



Balinda Sisk
Ryan Skocz
Erica Smit
Dayomic Smith
Ephaisia Smith

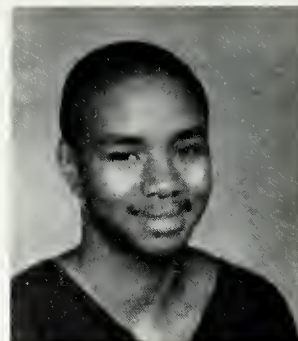
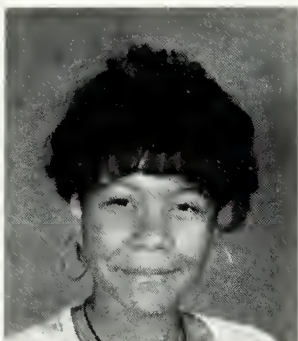
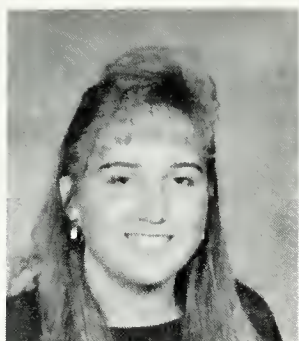


James Smith
Kim Smith
Samantha Smith
Tia Smith
Nicquia Spain

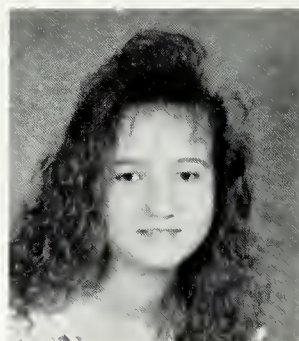
Amanda Spilker
Shelli Spoon
Daniel Stadie
Bryeem Stallworth
Kelly Stalsworth



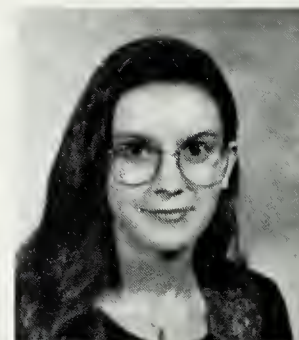
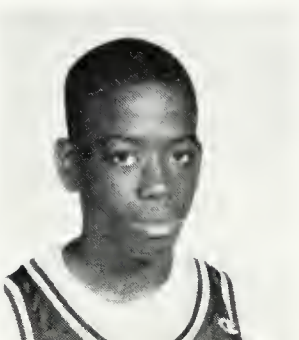
Sherri Stanley
Natalie Staples
Steven Starkey
Greg Stephens
Kimberly Stephens



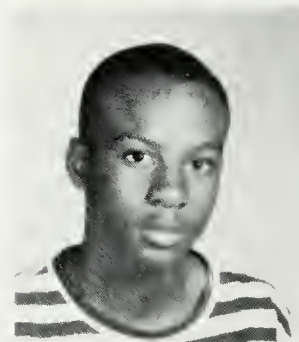
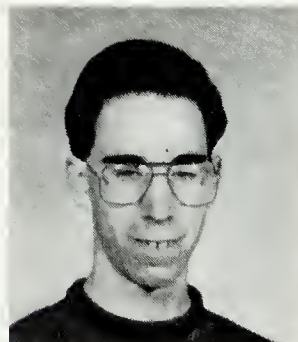
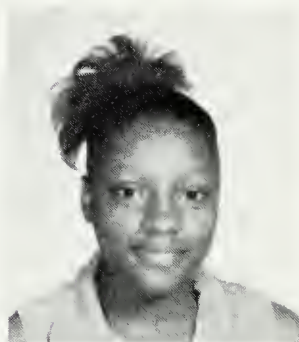
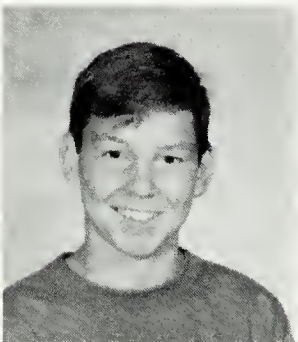
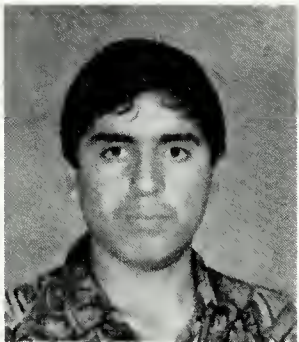
Jennifer Stewart
Bonjie Stokes
Christy Stoneman
John Stump
Aquawlin Swain



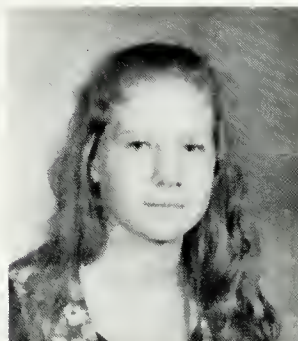
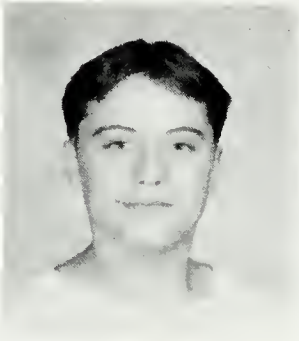
Jamar Swanson
Kati Sweeney
Hollie Swilley
Deena Taylor
Leah Taylor



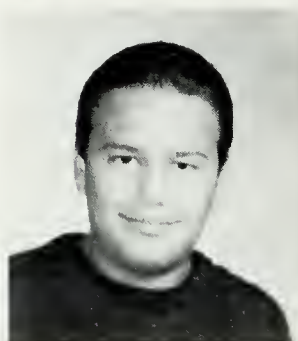
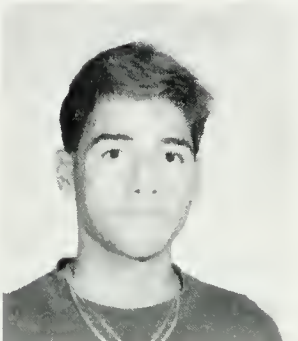
Armanda Tellez
Robert Thayer
Curlisa Thomas
Elliot Thomas
Henry Thomas

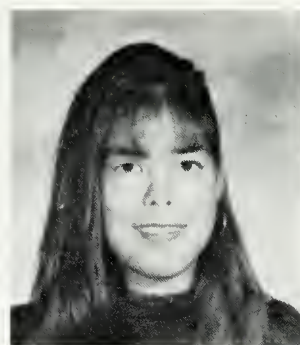


Neal Thomas
Robert Thorpe II
Christine Throne
Elisha Triplett
Dean Toliver

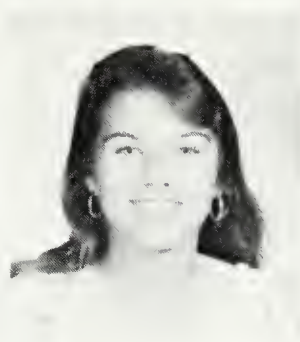
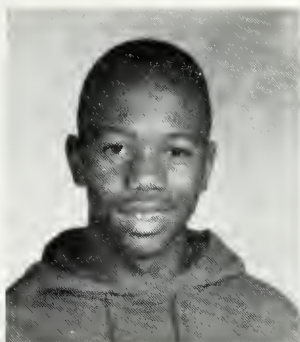
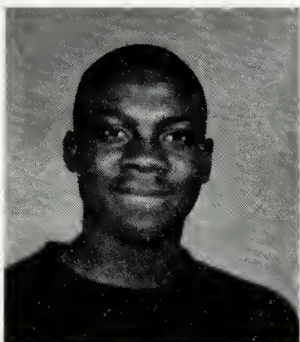


Danielle Torres
Jose Vega
Robert Vesco
Juan Viveros
Marlo Viveros

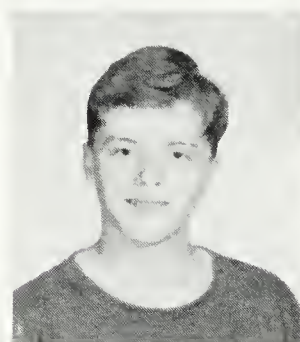
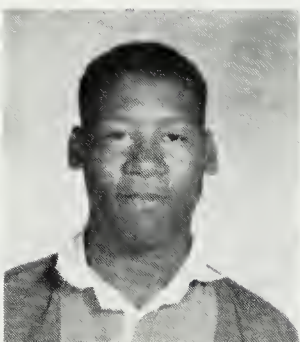




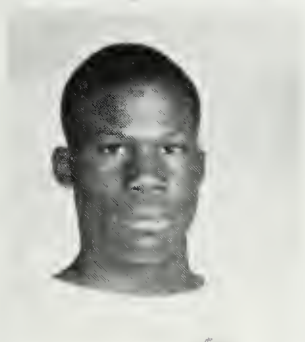
Paul Wagner
Michelle Wagreich
Kimberly Ward
Jamie Warfield
Danny Warren



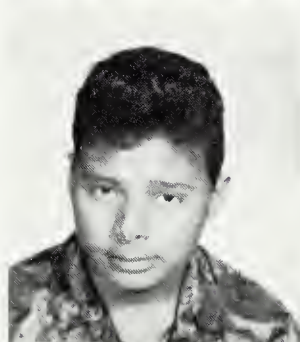
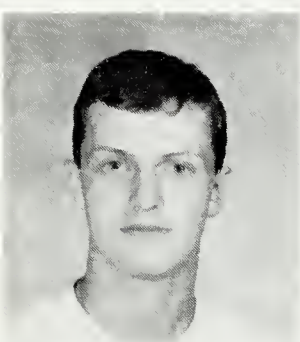
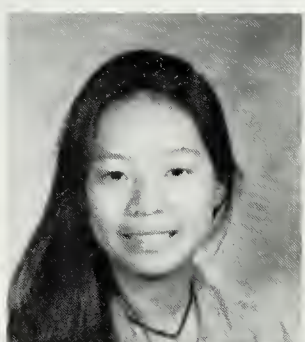
Kesha Washington
Ty Washington
Lucien Watkins
Lindsay Westmoreland
Lissa Wetherell



Patricia Whitehead
James Williams
Marquita Williams
Paulette Williams
Scott Williams



Shajuan Williams
Amber Wilson
Kristine Wolf
Jerrod Writt
Craig Wyatt



Nok Vatirakpian
Kevin Yohey
Stewart Young III
James Zambrana
Edwin Zelaya

TEAMING

This year's freshmen are taking part in a new program at Potomac - Teaming. Teaming of the freshman was started to assist students with their transition to high school life. This program has met with some mixed feelings. Freshman, Rachel Keen believes, "They should have asked us if they could do it or not." Mr. Michael Eye, a freshman team teacher, stated "I think it is a good idea. It gives teachers an opportunity to help prevent problems and ex-

pand student skills through close cooperation between classes and team teachers."

One of the ideas behind "teaming" was to allow students to see some continuity between their courses. Social studies facts or theories could be the source of English class writing assignments, as well as science related classes. Additionally, students are expected to actively participate in the learning process by working periodically in pairs or small groups to exchange

ideas and help each other to learn. This type of learning also allows for different student learning styles to be addressed.

Like most new "ideas" teaming concepts are going through a smoothing out phase. Class size and schedule mix ups can bother some of the students, but they are being worked out. Teaming for students and teachers at all grade levels may be a way of life for us in the future. -- Kevin Chronister



Many students find working with a partner helps them to learn more and faster. Some even find that they enjoy "teaching."

Our "Principal of the Year"

Our principal has racked up a lot of yardage since 1945 on and off the field. He spent four years playing professional football, with the St. Louis Cardinals and Detroit Lions, and numerous years coaching various sports coupled with teaching duties. Along the way he gained a broad knowledge of what makes a good school and students learn, while serving as an Administrative Assistant, Assistant Principal and Principal. Recently he was recognized as a "Principal of the Year" in a *Washington Post* sponsored competition.

When asked what he thought about coming from Stonewall Jackson High School to Potomac, Mr. Campbell stated "There is no difference...the only thing that

changes is the relationship you develop with the community or student body."

The most difficult task for any principal to deal with is the action they must take after a student gets into trouble at school. "I care dearly about my students," said Mr. Campbell. "Nobody takes pride in suspending or forcing a student not to come back to school. But that right, as always, is determined by the student".

Every day our principal deals with a new set of challenges, sometimes budget related, sometimes maintenance, sometimes curriculum, sometimes staffing and sometimes he has to deal with them all at once. Controversial issues can not wait for someone else to deal with them. He welcomes the opportunity

to make things better for all Panthers. Asked about his feelings on the distribution of condoms in school, through the clinic, he replied "Condoms most definitely can help, but there is always a risk." He would prefer to distribute a message that encourages abstinence. On the question of dress codes, Mr. Campbell stated "I have a liberal policy, which allows for freedom of expression - as long as the dress apparel is appropriate." He feels that uniforms are not a problem solver in school and does not want or wish for them at Potomac.

When he gets the time to relax, Mr. Campbell said "I'm kind of weird. I enjoy working in the yard." Cross Country bike riding is one of his favorite hobbies. He can

also be found poking around a museum - must be a throw back to his social studies days. He likes to bring his sons, Adam and Clay, with him. Mr. Campbell indicated that he has something of a passion for being involved in outdoor activities. That passion has been noted around campus.

However, what really gets him going is the education of young people. Mr. Campbell summed up his feelings about being a principal with this comment, "I enjoy being a principal. This is not a job to do if you don't enjoy it." There is a saying that indicates people do well at what they like. Mr. Campbell must really like what he is doing to have been recognized as a "Principal of the Year."

-- Kim Fincham



You think you could work at this desk? Mr. Campbell can. He knows where everything is, and you don't have to give him a moment to find it.



Mr. Michael Campbell shares a smile with Ms. Clarrisa Beckland, and Ms. Robin Dudley at the completion of a very productive Freshmem Orientation.



Mr. Campbell demonstrates another one of his smiles while talking at one of many activity banquets principals attend.

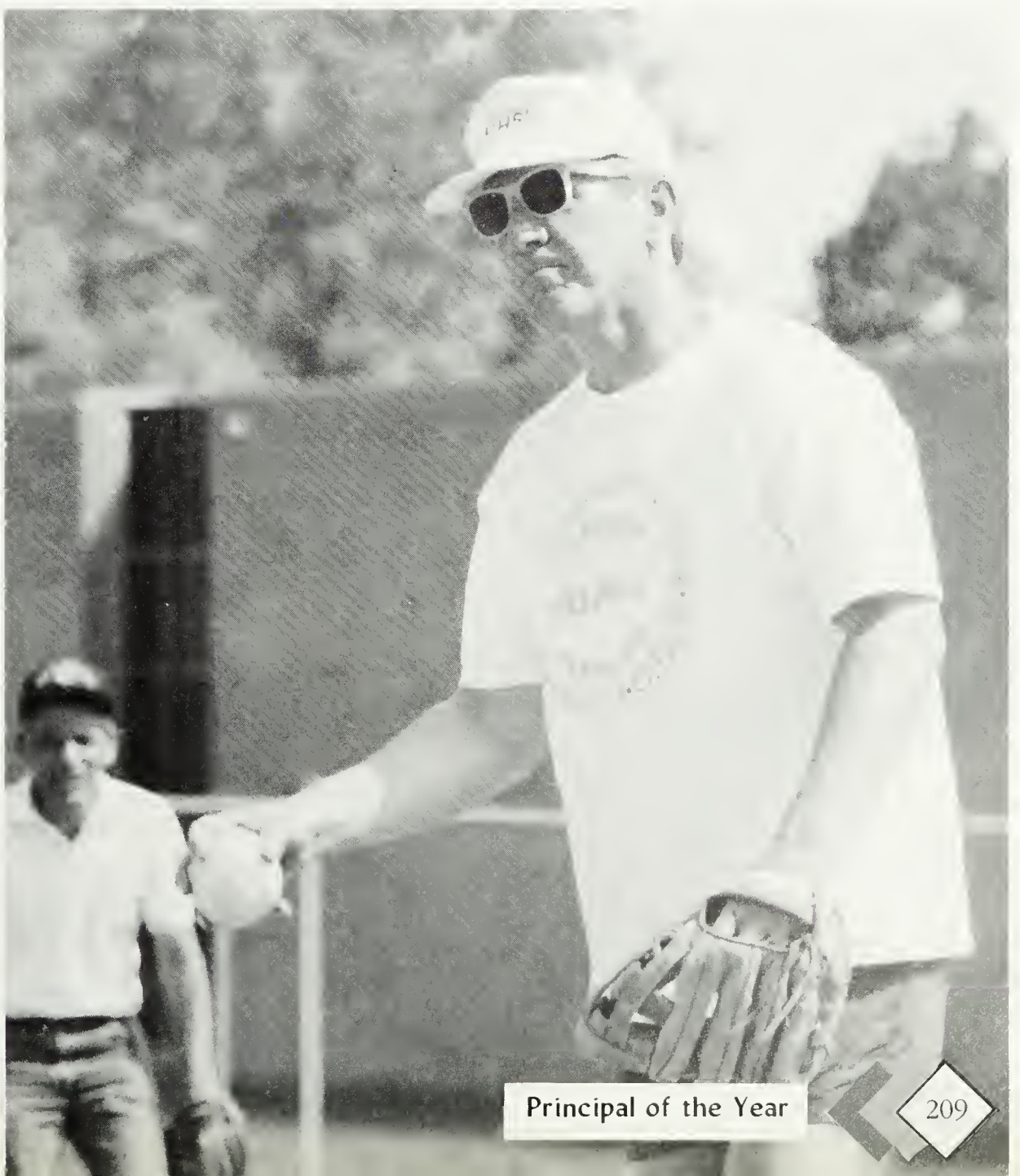
" If you don't love working with young people, then you don't need to be in education." -- Michael Campbell

Tami Ruhren shares some ideas with her principal. Mr. Campbell enjoys the time he spends with students and welcomes the fresh ideas they present.



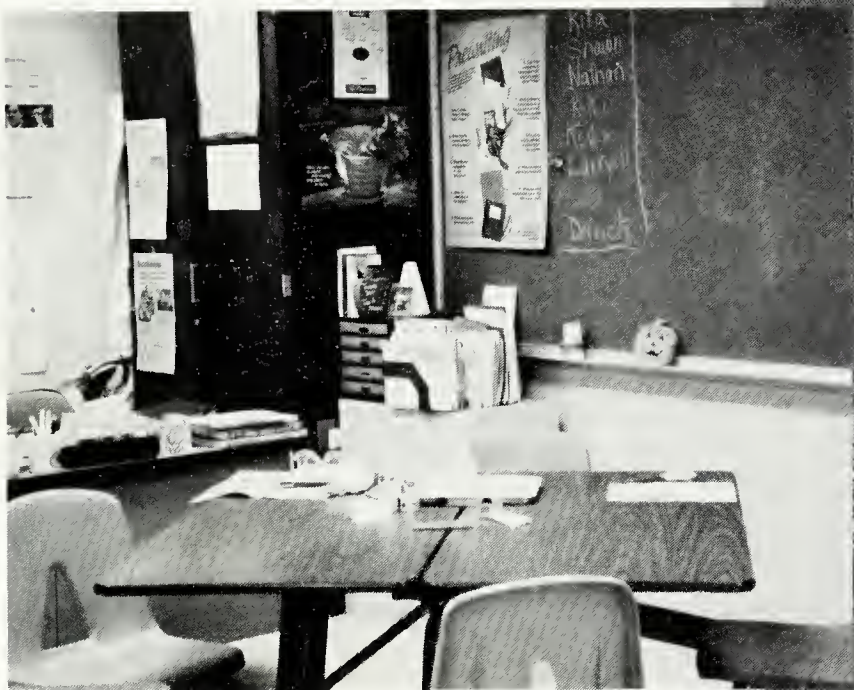
If you can't find him in the halls, check out any type of ball field! Mr. Campbell welcomes any opportunity to get involved.

Melissa Lundy and Misty Jordan practice their sales pitch on Mr. Campbell. Guess they figure if he buys their story everyone should.



Principal of the Year

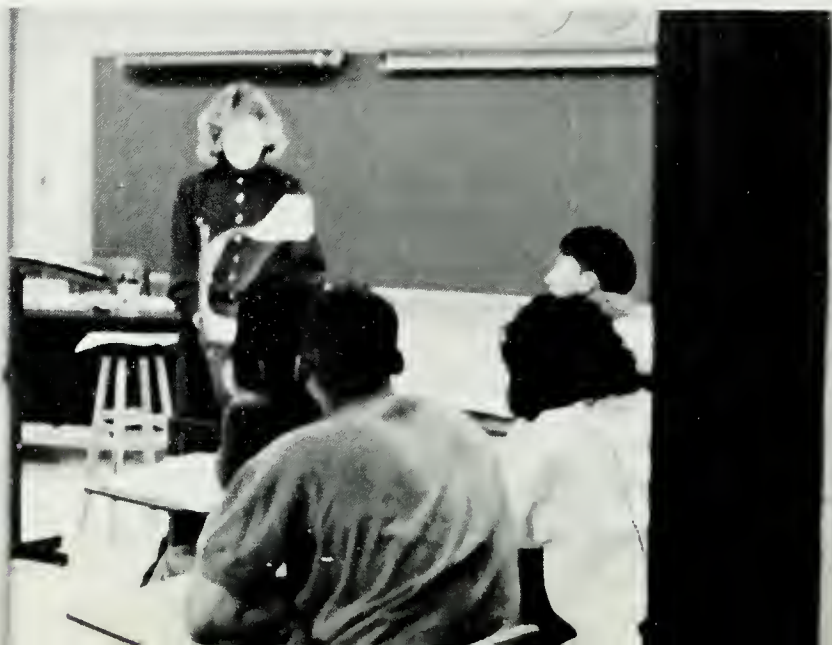
Faculty & Staff

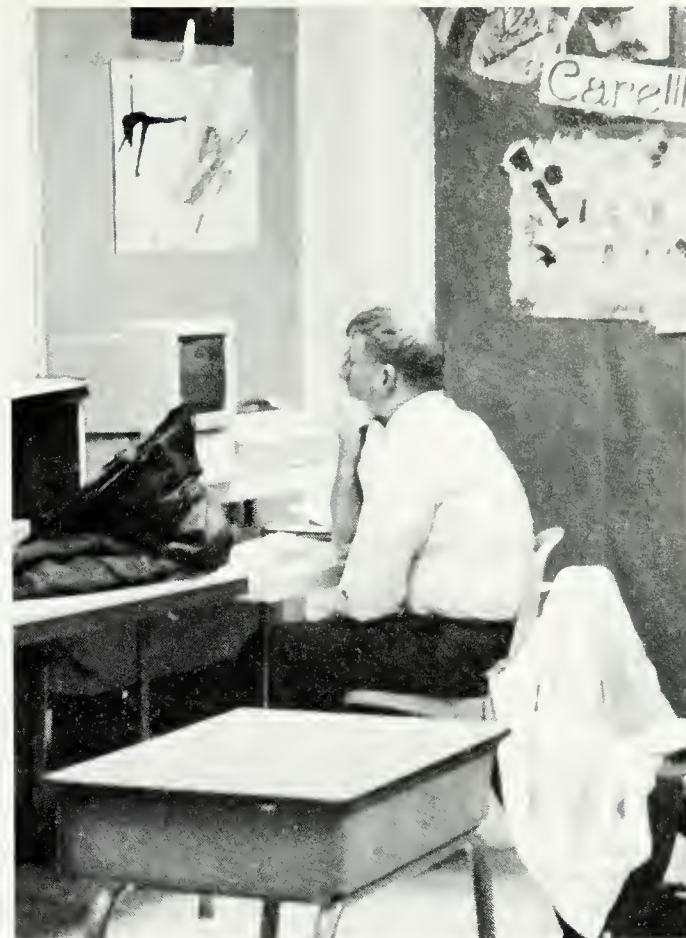
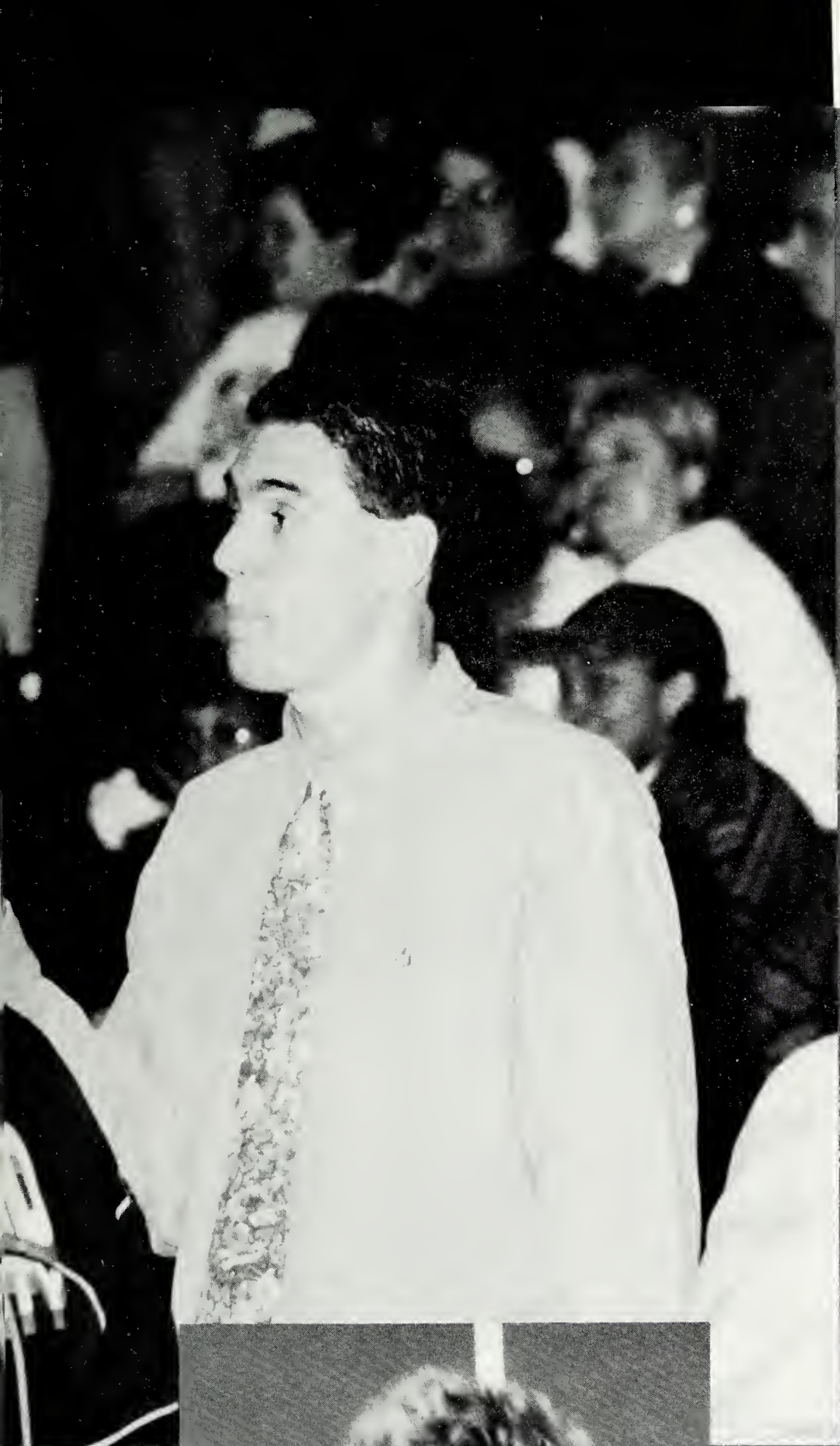


Mr. Joe Cardinale shows his true Panther pride, by wearing his shades of blue. Mr. Cardinale is an inspiration to all students with his dedication to our school.

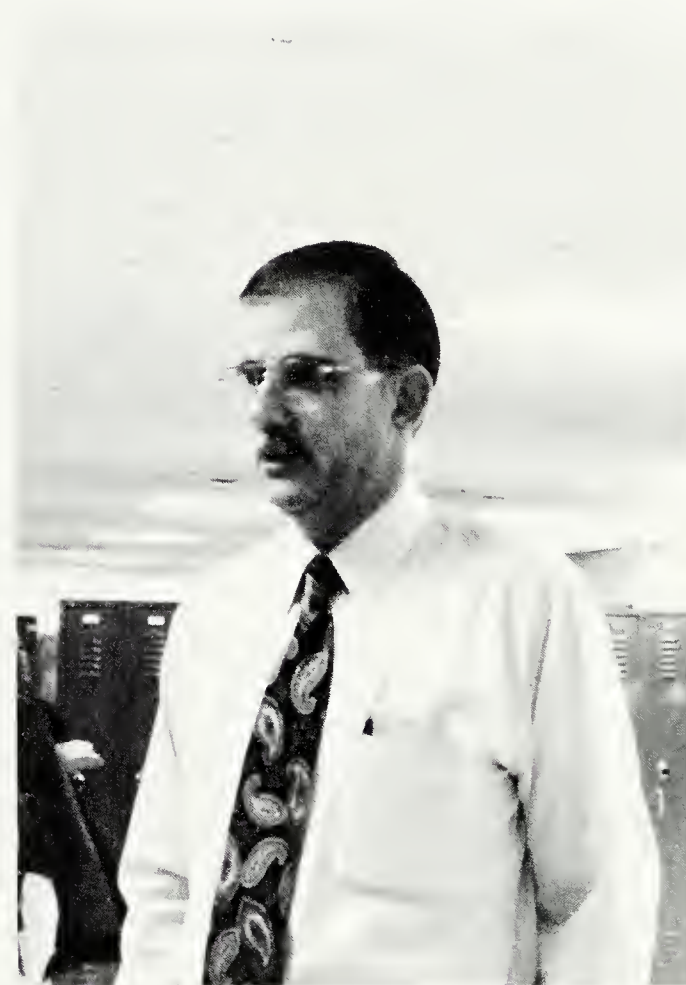
Individual decorations graced many of the classrooms, such as Mrs. Sally Shively's. Many of the faculty used posters and personal items to give their classrooms a quaint look and maybe teach the students a thing or two.

Ms. Terry Roberts, Ms. Anita Jackson, and Mrs. Joanne Willis get a chance to discuss important matters during a rare bit of free time. Faculty members usually have so many items to complete that free time is considered at a premium.





Mr. Greg Hayden reads over a final copy story on the computer. As one of the yearbook advisors, Mr. Hayden spent many hours finalizing stories before they were submitted for production.



The students in Mrs. Beth Conte's government class listen intently as she explains an overhead. For many students the use of visual aids helped them understand complicated lessons.

Ms. Jean Gaudet listens to a conversation between two students. Ms. Gaudet is one of the few teachers who have been with our school since it first opened.

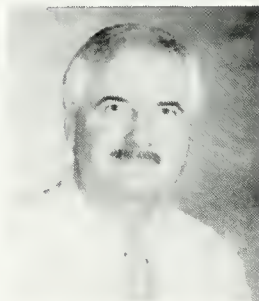
Security Officer Mr. Ernie Nixon explains to a student why he must have a pass to be in the hall. Even though some students thought the security staff was hasseling them, most students believe security officers are an important part of the school staff.

Coach Kendall Hayes signals one of his players over to discuss strategy. Coach Hayes and his coaching staff worked hard to make sure the team always did its best.

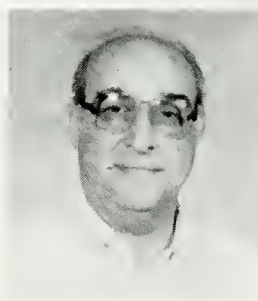


Faculty and Staff

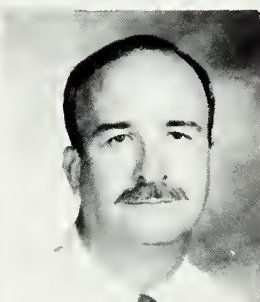
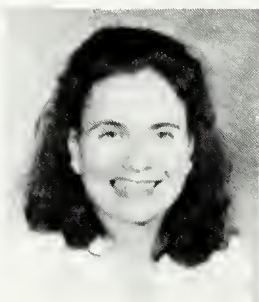
Becky Anderson
Mike Babuschak
Louis Blount
Natalie Bonshire
Rena Brooks



Steve Bryson
Jean Cahall
Michael Campbell
Joseph Cardinale
David Carr



Barbara Cavalier
Carmella Ciemny
David Colcombe
Kathleen Collins
John Compel



Beth Conte
Ann DeMedio
Hellen Dodson
Robin Dudley
Janet Dunivin



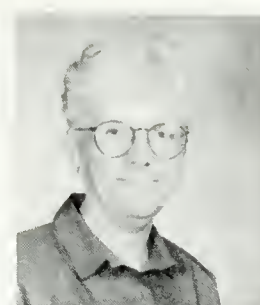
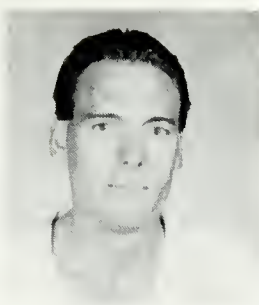
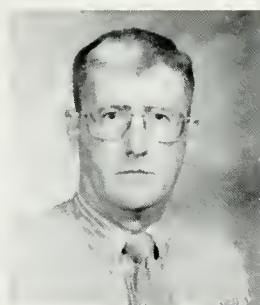
Pat Duvall
Michael Dyre
Patricia Emmons
Michael Eye
Jerry Gardziel



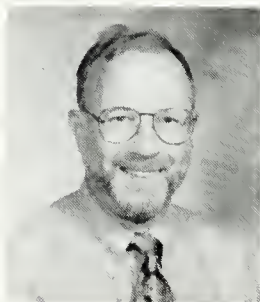
Jean Gaudet
Patricia Ghiloni
Tom Giska
Darren Gravatt
Sharon Gregory



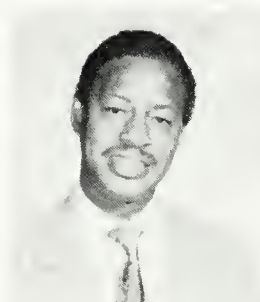
Greg Hayden
Kendall Hayes
Nan Hayes
Wanda Higgins
Maureen Hajar



Bonnie Hembra
Faith Holcombe
Robert Holley
Phyllis Hollis
Denise Horbert



Vivian Ivey
Anita Jackson
Miranda Jenkins
Shirley Jones
Aaron Jordan



The Backbone of Potomac

The secretaries, the backbone of our school. They are probably the most unappreciated group of people in this school. Who do you think types all those memos? Who helps you find that missing item in your file; checks you in when you come in late; gets to call you down to your administrator's office? Of course — our school secretaries!

For many parents and visitors, they are the first faces they see when they enter the school. The guidance secretaries,

Mrs. Marianne Margheim and Mrs. Jolyn Carroll, help all new students when they are admitted into the school. Parents always get a positive impression of Potomac when they meet these two ladies. Mrs. Carroll, who has been with the school for two years, transferred from the administration offices to guidance. She enjoys enrolling the new students and meeting the parents. Mrs. Margheim, who is also in the Guidance office, says "I really enjoy working with the students and the staff

here." As all of the secretaries state, "it is the students and the staff that make this school so unique."

It is the love of the students that brought Mrs. Nan Hayes to our school. Of course she has a great connection to Potomac, her husband is the Varsity Basketball coach. For her, coming here and working as Mr. Weisenberger's secretary was natural. Although, she will admit that she gets a little frustrated with the pace of the job, she does love it. Some days are hectic with students

checking in late or leaving early, others in for referrals and of course on days when something major happens which changes all priorities. But, that is what always makes her job interesting and why she loves it.

So, try to remember what this great group of staff go through on a daily basis. Let's all thank the entire secretarial staff for keeping our school afloat. We know they are here for the love of the job and us. --
Vashonna Johnson

Mrs. Carol Wakefield and Mrs. Maryanne Margheim look over a document. Mrs. Margheim, who is a guidance secretary, has enjoyed many aspects of her job, especially dealing with the students.



For Love and Dedication

You may know him as Mr. Stearns, Bill, or just Coach but whatever the case, little is known about this man. Now, in his fourth year at Potomac, Bill Stearns, a Physical Education teacher and coach has a lot to boast about. Not only is he a teacher and a track coach, he is also a dedicated runner.

He has been to over thirty states to run, including Washington, New York, Alabama, and Ohio. Now in his twenty-fourth year of running Mr. Stearns travels the states just for the enjoyment.

Nineteen years ago Mr.

Stearns started teaching in New Jersey, and coaching a girls team that built a record to be proud of. They had ten years with no losses or in pure numbers one hundred and fifteen consecutive wins.

After teaching there for fifteen years, Mr. Stearns decided to move on. He arrived at PSHS with high expectations for the track and cross country teams. He has coached four All-American runners and three National champions, including last year's graduate Doug Haynesworth.

Frequently Mr. Stearns leaves on weekends to run in

meets, coach, or teach clinics for the Hershey Food Corporation. He states, "Due to my involvement with teaching, running and coaching I have had the opportunity to visit states and have met a lot of people who are influential with the sport of track and field."

"Coach Stearns was not the type who said you have to do this, he expected you to do it. When opportunity came you had to grasp it and to always follow your dreams. I think that is what he stressed the most." said Helen Hines, one of Coach Stearns' fourth year cross country runners.

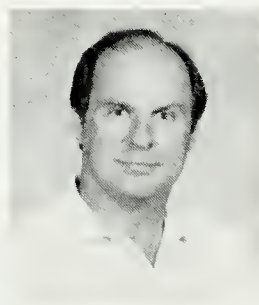
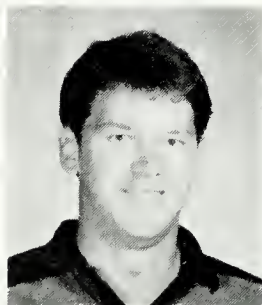
He hopes to continue coaching the track team with the assistance of his wife Jenn, and her brother, Jeff Van Horn, who is also a Special Ed teacher.

When students hear the names of teachers or coaches their memories are sometimes good and sometimes bad. This man's name will be remembered for his compassion and dedication. Some will even laugh when they think about him out running in the rain. -- Stephanie Truax

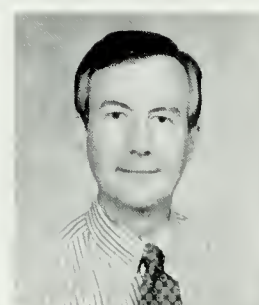


Coach Bill Stearns, in a pose familiar to his students, always the pencil behind the ear. Coach Stearns, who is really dedicated to the sport of running, was a great inspiration to all of his team members.

Dan Kearney
Shaun Kearney
John Kittel
Melvin Klugh
Virginia Kubiak



Penny Lake
Carolyn Leggett
Clarence Leggett
Maryanne McGovern
Barry Maguire



Betsy Maloney
Gloria Miller
Sandy Moller
William Moreland
Cindy Morrell



Pat Nelson
Debbie Neuhard
Dana Powell-Settle
Leon Ragland
Louevenia Quash



Jacqueline Rhodes
Terry Roberts
Ernestine Roth
Alexandra Rustan
Lorraine Sadler



Don Scarr
Margaret Scoleri
Rosemary Schneider
Carol Secord
Sally Shively



Marleis Smith
Bill Stearns
Kelly Sutliff
Heather Thomas
Carol Wakefield



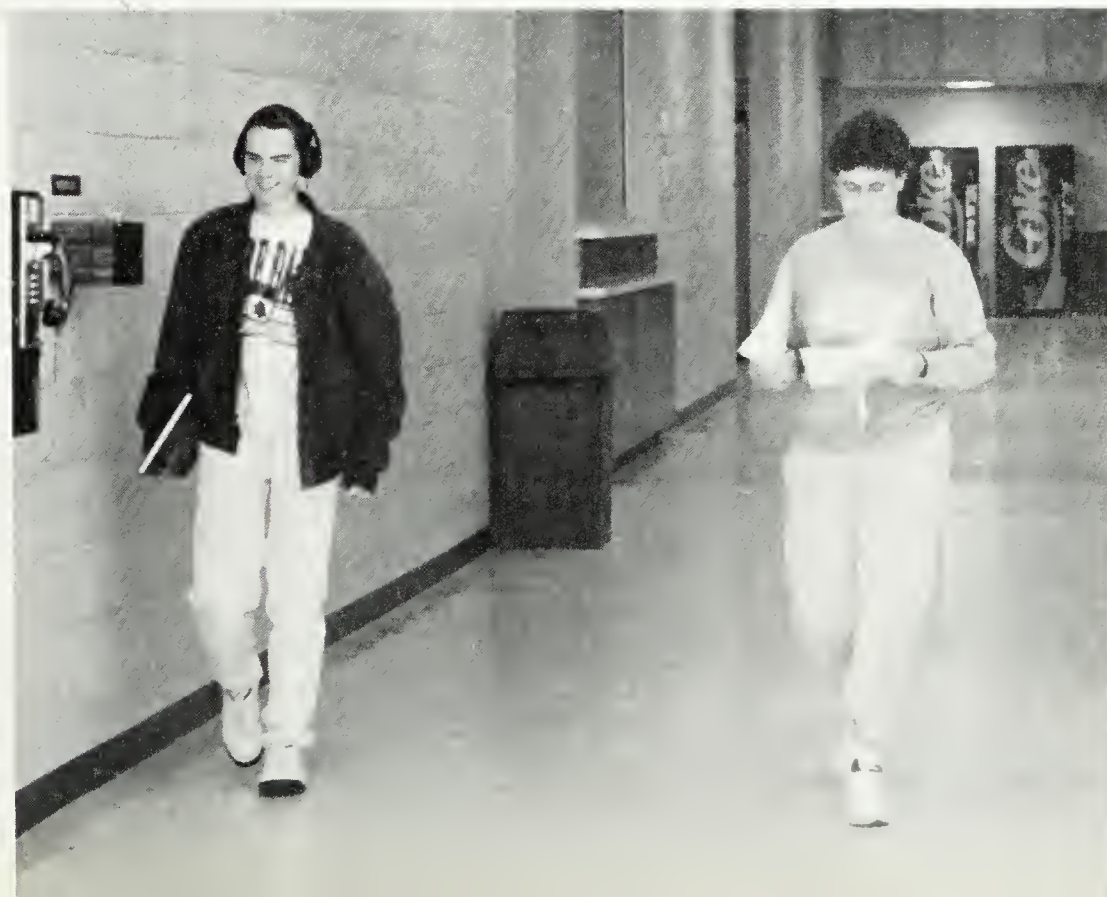
Allan Weberg
Joann Willis
Dora Wybersky
Hajdar Xhema
Michael Young



Sally Vinroot
Gary Zolman



Mariane Parker is rushing to the office during her planning period. Mrs. Parker has been a dedicated teacher at our school for 15 years.



Brian Abell: Baseball 9-12, NHS President 11-12, Multi-Cultural Council 11-12, Leo Club 11-12, Spanish Honor Society 10-12, Kerri Adams: Pantherettes 10,12, Camerata Vice President 12, Soccer 9-12, Gymnastics 9-11, Multi-Cultural Club 11-12
Eric Ambler: Crew 9-12, VICA Secretary 12

Andy Anderson: Football 9-12, Wrestling 9-10, VICA 9-12, VICA President 10-11, SCA 9-10

Christina Anderson: Latin Club 9-12, Concert Choir 10-12, NHS 11-12, Drama 9-10, Camerata 12
Tomika Anderson: Advanced Band 9-12, SCA 9, 11, Black History Club President 11-12, Newspaper Editor-in-Chief 12, Newspaper 10-11, Basketball 11-12

James Agnew: Drama Club 10-12, Concert Band 9, Symphonic Band 10-12

Karen Andreno: Softball 9-12, Team Captain and 2nd Team All District 11, Volleyball 10-12, Team Captain and 2nd Team All District 11-12

Celina Aragon: DECA 12, FICA 12, FBLA 9, 12, Junior Civitans 12

Jamie Ardaiole: Cheerleading 9-12, Captain 12, SCA 11-12, Leo Club President 12, NHS 11-12, Junior Civitans 9-12, Foreign Language HS 11-12, Soccer 9-12

Kelly Banks: Track 10-12, French Club 10

Kurt Barnett: DECA 9, 12
Dawn Bellamy: Black History Club 9-12, Foreign Language Club 9-12, Latin Club 10-12, Tennis 12, Track 10-12, Talent Show Festival 10-12

Karen Betton: Basketball 9-10, DECA 10, FBLA 11, Spanish 11, FBLA 12

Tina Bickel: Choir 9-10, FHA 9-12, Child Care 11-12

Medina Bigsby: Science Club 11-12, Track 99, Literary Magazine 12

Andrew Blake: Football 9-12, Baseball 11, Junior Civitans 12, Spanish Club 12

Susan Blanton: Pantherettes 9-12, Captain 12, Leo Club 11-12, Secretary 12, Chorus 9-12, Spanish

ademic 10-12, Tennis 9-12, Concert Band 9, Symphonic Band 10-12, Choir 12

Thomas Bouchard: VICA Secretary 11-12

A. Starr Bourcier: German Club 9-12, Junior Civitans 11-12, Young Republicans 12, Spanish Club 12, Crew 10

Matthew Boyd: Soccer 9-12, Junior Civitans 10-12,

Club 10-11, Track 9

Lori Brown: Cross Country 9, French Club 9-12, DECA 12, Junior Civitans 9, Young Republicans 12

Keith Browning: Crew 9-12, Crew President 11

Ryan Bubb: Cross Country 10-12, Team Captain 12, Indoor and Outdoor Track 10-12, Key Club 11-12, President 12, Chess Club Secretary 12

Latin Club 11-12, Junior Civitans 11-12, Cross Country 11-12, Drama Club 9-10

Efrain Carrillo, Jr.: SCA Representative 9-10, Concert Band 9-11, Peer Mediator 10-12, Men's Choir 9-11

Michael Carver: Wrestling 9-12, Team Captain 12, Football 11, SCA Class Vice-President 12, Junior Civitans 9-12, Golf 12

Jeanie Cassidy: Crew 9-12, President 12, French Club 10-12, President 12, Junior Civitans 10-12, PSS 10-12, Peer Counseling 11-12, Orchestra 9-12

Eva Catedral: DECA 11-12, Yearbook 12, Volleyball 12, Varsity Letter Club 12, Art Honor Society 12, FBLA 11

Christopher Churchill: Crew 10-12, Light and Sound Club 11-12, VICA 11-12

Julie Clark: Cheerleading 9, Pantherettes 11, FBLA 12, Black History Club 12, Student Athletic Trainer 12

Christopher Critchfield: Football 9-12, Team Captain 12, Baseball 10-11, SCA Representative 10-12, Junior Civitans 9-12,

Christopher Crowder: SCA President 12, Representative 10-11, Junior Civitans 11-12, NHS 11-12, Golf 12, Drama Club 9-11, Leo Club Vice-President 11-12

Arnelle Croom: NHS Treasurer 11-12, Black History Club 9-12, Spanish Club Secretary 10, Spanish Honor Society 11-12, Girl's Basketball 9

Dorothy Cobbs: Black History Club 9-11, Latin Club 10-12, Newspaper Reporter/Business Manager 11-12

Nora Collins: Junior Civ-

Senior Stats



Honor Society 11-12, FBLA 12

Gregory Blankenship: Cross Country 9-10

D'Angelo Blount: Football 10-12

Blythe Bonner: Drama Club 10-12, French Club 9-12, French Honor Society 12, Literary Magazine 12
Gerasimo Borneo: It's Ac-

NHS 11-12, Swim Club 12, Latin Club 9-12

Daniel Brothers: Junior Civitans 11

Dora Brown: Latin Club 11-12, Black History Club 9-12, Black History Club President 11, FBLA 10,12

Kimberly Brown: SCA Representative 12, Black History Club 10-12, Drama

Lashawn Rankin, Jenna McGuire and Braxton Mullen express their interest in a class discussion.

Jaun Cabanez: Soccer 10-12, Science Fair 9,11

Tina Cadwell: Volleyball 9-10, FBLA 11, Prom Committee 11

David Caramancia: Soccer 9-12, Swim Team 11-12,

itans 10-12, SCA, Softball 9-11, Volleyball 11-12, PSS 10-12

Robert Courtnage: Baseball 9, 11-12, Junior Civitans 12, Leo Club 12, Basketball 9, FBLA 9

Michelle Coxton: Pantherettes 10-12, Lieutenant 12, Choir 9-12, Camerata Singers 12, Junior Civitans, Leo Club 11-12, PSS 12

Mike Daho: National Art Society 12, Wrestling 9, Spanish Club 10

Michael Denault: FBLA 12, **Christina Denton:** DECA 12, Latin Club 11-12

Eric Dixon: Varsity Choir 9, DECA 11, FBLA 12

Danielle Dodson: Tennis 10-11, Junior Civitans 9, Science Club 9

John Dodson: Symphonic Band 9-12, Marching Band 9-12, Jazz Band 9-10, Brass Quintet 11, All-County Band 9, 11, All-District Band 9, Full Orchestra 11

Steve Doss: Freshman Football 9

Patrick Dowd: Junior Civitans 9-12, Soccer 11-12

Rebecca Dowell: Volleyball 9, Basketball 9, 11, Softball 9, 11-12, Student Athletic Trainer 10-12

Mark Dudley: Football 10-

11

Robert Edmonds: Football 9-10, Basketball 9-10, Indoor/Outdoor Track 10-12

William Ellis: Spanish Club 10-12, PSS/SADD Club 9-12, Junior Civitans 11-12, Drama Club 11-12, Science Club 12

Carmella Empey: VICA Club 11-12

John Fair: VICA Club 10-12, Vice-President 12, Latin Club 9-12, Band 9

Adam Faltinowski: Football 9, 11-12, Track 11-12, Varsity Athletic Club 12

Torria Featherston: Black History Club 9-12, Art Honors Club 12, Soccer 12

Crystal Ferguson: Pantherettes 10-12, FHA 11-12, French Club 12

Jeremy Fielding: Junior Civitans 11-12, Senior Class Secretary, Volleyball 10-12 Football 9-10, 12

Sean Floars: Crew 12

Jose Flores: FBLA 9, 12, Junior Civitans 11-12, Cross Country 12, French Honor Society 11-12, Boys State 11, Indoor Track 12

Patrick Flynn: Wrestling 9, Baseball 10-12, Golf 12, Latin Club 11-12, Leo Club 12



April Ford: FBLA 11-12, FHA 11, SCA Homeroom Representative 9-10

Jarel Ford: Basketball 10-12

Sharonet Foster: Black History Club 9-11, FBLA 12, FHA 9-10, SCA Homeroom Representative 12, Chorus 9-11

Leon Fox: Football 9

Chris Franklin: Soccer 10-12, Captain 12, Indoor Track 9-11, Junior Civitans 9-12, Vice-President 10, President 12, Key Club 10-11, FBLA 9-11, Spanish Club 9-11, SCA 10-11

Scott Furbee: Baseball 10-12, Junior Civitans 9-12, Latin Club 11-12 Key Club 12

Jennifer Gilmer: Varsity Track 10-11, Indoor Track 10-11, Cross Country 10-11, Junior Civitans 10

Jennifer Ghisolfi: Latin 9-12, Treasurer 10, President 12, Junior Civitans 10-12, Varsity Soccer 10-

Troy-Ann Patterson carefully considers her response to a class assignment.

12, Wrestling Manager 12

Hope Green: Choir 9-12

Nyoaka Green: Indoor/Outdoor Track 10-12, Captain, Peer Counseling 11-12, Junior Civitans 11-12, Liason Officer, Multicultural Club 11-12, PSS 12

Jennifer Greene: Orchestra 9-12, Softball 10-11, Band 9-10

Angela Griffith: Junior Civitans 10-12, Softball 9-12, National Honor Society 11-12, SCA 9, 12, Wrestling Manager 11-12

Ian Goodman: Mr. Potomac 11, NHS 11-12, Junior Civitans 10-12, Varsity Soccer 11-12, Latin Club 11-12

Meredith Goodwin: Basketball 11, Pantherettes 12, Cheerleading 9-10

Scott Gordon: Junior Civitans 9-12, Key Club 11-12, Varsity Soccer 11-12, Golf 10-12, Yearbook 12, Chess Club 12

Suzette Graham: FBLA 9-11, FHA 11, DECA 12

Micah Henry: Chess Club 12, Junior Civitans 9-12,

Marc Brutty gives the "I've got it" sign after finishing a tough math problem.

Soccer 9-12, Key Club 12, It's Academic 12

Amy Heywood: Cheerleading 10-12, Choir 9-10, Team Counseling 11, Junior Civitans 11-12, Leo Club 12, PSS 10-11,

Chris Haas: Crew 10-12, Freshman Football, Tennis 9, DECA 10

Anthony Hairston: DECA 12,

James Hampl: Baseball 10

Myron Hardy: Baseball 9, 11-12, Wrestling 9-10

Amanda Hayes: Marching Band 10-12, German Club 10-12, NHS 11-12, Symphonic Band 10-12, Gymnastic Team 10

Carrie Heinzmann: NHS 11-12, Spanish Honor Society 10-12, Drama Club 9-11, Key Club 9-10, Junior Civitans 12

Heather Hellmuth: Pantherettes 10-12, Lieutenant 12, Soccer 10-12, Junior Civitans 10-12, Science Club 10, Inter-Club





Sociology students "socialize" during a short break in their class routine.

Counsel 12, FLA 11, Latin Club 11, French Club 11, Literary Magazine 12

Jeff Hooper: DECA 11, Varsity Football 9-12

Brian Herdt: Football 9-12
Terry Hinegardner: VICA 11-12

Jamie Hinkle: Pantherettes 10-12, Latin Club 11-12, DECA 10, Volleyball 9, Leo Club 12

Yong Hong: Soccer 11, Science Club 12, VICA 12

Eric Henson: NHS 11-12

Emily Jarabak: Symphonic Band 10-12, Marching Band 11-12, Concert Choir 12, German Club 10-12, Treasurer 12, Junior Civitans 11-12

Jennifer Jarvis: French Club 11-12, Vice President 12, Junior Civitans 10-12, NHS 11-12, French Honor Society 11-12, Marching Band 9

Anthony Johnson: Choir 9, 11-12, J.V. Football 10, Camerata Singers 12, Drama 11-12, Treasurer 12

LaTasha Johnson: Black History 9-12, Secretary, DECA 11-12, French Club 11-12, Orchestra 9-10

Miranda Johnson: Crew 9-12, Junior Civitans 10-12, Cross Country 11-12, NHS 11-12, Sgt.-at-arms 12, Latin Club 9-12, President 11

Monica Johnson: Basketball 9-10, 12, Black History

Club 11-12, Junior Civitans 10, Choir 10, Varsity Choir 9

Ben Jones: Fall Crew 9, DECA 10, FBLA 10, 12

Shirnelle Johnson: Black History Club 9-12, Camerata Singers 12, Junior Civitans 12, Choir 9-12

Joel Jones: Football 9-12, Indoor Track 11-12, SCA Representative 12

Reginald Jones: Basketball 9-11, Football 10, 12, FBLA 11-12, Black History Club 9-11, Junior Civitans 12, NHS 12, Track 12

Sheila Jones: DECA 11-12, Secretary 12, Track 9, FHA HERO 9-10, Historian 10

Steven Justice: Wrestling 10, Science Club 9, FBLA 12

Helene Kalberg: Volleyball 12, Soccer 12

Ethan Kent: Baseball 10-12, Junior Civitans 9-12, Wrestling 10, Symphonic Band 9-10, Marching Band 9-10

Glendale Kirkland: DECA 12, Basketball 11-12

Sean Kirkhart: Junior Civitans 10-12, Swim Team 11-12, NHS 11-12

Brenda Kitchen: NHS 11-12, Junior Civitans 12, French Honor Society 10-12, Swimming 11-12, PSS 12

Sunny Kleven: Tennis 9-12

Heidi Knight: FHA 10-11,

Secretary 11, DECA 12
Matthew Kurylo: Tennis 10-12, Junior Civitans 10-12, SADD 12, PSS 12

Amanda Lake: Student Counsel 10-12, Representative 10, Treasurer 11, Vice President 12, Cheerleading 9-12, Literary Magazine 10-12, Jr. Editor 11, Editor 12, Junior Civitans 9-12, Historian 11-12, NHS 11-12, PHS Newspaper 10-12, Feature Editor 11, Managing Editor 12, Crew 9-11

Kenneth Lawrence Jr.: Football 9, DECA 12

Jeremiah Lazenby: Football 9, 12, VICA 11-12, Crew 12

Brian Leavitt: Swimming 10-12, Drama Club 11-12, Historian, German Club 10-11, Track 10, NHS 12

Michelle Leckner: Drama Club 9-12, Treasurer 10-11,

12, Cheerleading 9-10, Multicultural Council 11-12, CHAMPS 10, Science Club 10, Latin Club 11-12

Refiloe Lethunya: Basketball 9-12, DECA 10, FBLA 9-11

April Lewis: Drama 9-11, DECA 12, Chorus 9-12, FBLA 11

Daven Loy: Football 9-11

Deepa Malladi: Junior Civitans 9-12, PSS 10, 12, SADD 12, Mediator 12, Chorus 9-12

Stephanie Macfarlane: Drama 9-12, Junior Civitans 11

Kari McCarley: Chorus 9-10, Yearbook 11, Copy Editor, French Club 12, Junior Civitans 9-12, Drama Club 10-12, NHS 11-12

Vivian Marzan: Volleyball 11, Basketball Manager 11, COE Program 12

Alicia Massey: Chorus 9-

Jenna McGuire: Junior Civitans 9-12, Crew 9-12, Cross Country 11-12, PSS 10-12, President 12, NHS 11-12

Kelly McIntosh: Track Manager 9, Computer Club 9, Secretary, Junior Civitans 11-12, FBLA 12, FHA 11-12, Black History Club 9-10

Domineke McMahan: Basketball 9-12

Alona McMamara: Tennis 9, German Club 9-11, Junior Civitans 10-11, FHA HERO 11-12, SADD 11-12, PHS Newspaper 11-12

Luis Martinez: SCA 9-11, Wrestling 11, Yearbook 11, FBLA 12, Spanish Club 9, French Club 10

Paulo Martinez: NHS 11-12, Spanish Club 10-11

Leslie Melvin: Cheerleading 9-12, Softball 12, SCA 12, Junior Civitans 11-12,



Chris Wakefield encourages some associates to ante up for some "Spirit Links." The sale of these links help support after-school activities.

11, VICA 12

Bryan McDonald: Football 9-12, Wrestling 11-12, Volleyball 11-12, FBLA 10, 12, Junior Civitans 12

Laurel McDonald: DECA 10-12

John McGovern III: Soccer 9-12, Captain 12, SCA 9-12, Senior Class President, Swimming 11-12, Wrestling 9-10, Band 9-12

Latin Club 11-12, Leo Club 12

Jeanmari Michael: SADD 9, PSS 9-10, French Club 12

Hany Morcos: NHS 12, Chess Club 12, President 12, Science Club 11-12, Vice President 12, Junior Civitans 11-12

Jamie Morrow: Junior Civitans 10-12, SADD 11-12,

PSS II-12
Tamara Neidig: Symphonic Band II, Crew II-12
Sean Nieves: Baseball 10-12, Football 9, Junior Civitans 9-12, Science Club 12
Mercedes Ortiz: Cheerleading II, Drama Club 12, Soccer II-12, DECA 10-12, SCA 10-12
Jodi Overand: Junior Civitans 10-12, Science Club II-12, PSS 12
Rebecca Parker: Basketball 10, Science Club 10, Junior Civitans 10, Tennis 10-12, Captain 12, Varsity Soccer 10-12, Latin Club 10-12, FLA II
Paul Patterson: Track 9-12, VICA 9, Student Assistant-Track 12, FBLA 12
Debbie Prespare: NHS 10-12, French Honor Society II-12, SADD 12
Robyn Purdy: Cheerleading 9-12, Junior Civitans 10-12, Concert Choir 10-12, Camerata Singers 12, Latin Club II
Azure Rae: Cheerleading 9-12, Drama II-12, Junior Civitans 10-12
Shane Rakes: Marching Band 9-12
LaShawn Rankin: Indoor/Outdoor Track 9-12, Basketball 9-12, Football 9-12, DECA 10-12, Black History Club 9-10, Multicultural Club 12, FBLA 10-12
S. Rasmussen: Soccer 9-12, Wrestling 9-12, Cross Country 9-10, Choir 12, Baseball 9
Justin Rillon: Soccer 9-12, Latin Club II-12, National Art Honor Society II-12, Literary Magazine II-12
Mark Ross: Drama Club 10-12, Swim Team 10-12, French Club 9-10, Model U.N. 9
Karen Roy: Softball 9-12, Athletic Trainer 10-12
E. Bryan Rumph: Drama Club II-12, Journalism II-12, Latin Club II-12
Kenric Russell: Junior

Civitans 10-12, German Club 10-12, Football 10, Soccer 9-12, Indoor Track 10-12, Cross Country 10, Camerata Singers 12
Ann Saliski: SCA 9-10, Crew 9, NHS II-12, Junior Civitans 10-12
Jason Saville: Football II-12, VICA II-12
Sarun Sawsiengmong: Art Honor Society 12, FBLA 12
Kathryn Schwetje: Cheerleading 9-10-12 Captain 9-10, Camerata Singers II-12, Concert Choir 10-12, Peer Counselor 10, Sca 12
Charles Scott: Crew 9-12, NHS 12, French NHS II-12, Junior Civitans II-12
David Scott: VICA 9-12, Football 10
Stacey Simmons: NHS II-12, Orchestra 9-12, Black History Club II-12, Spanish Honor Society 10-12, Treasurer 12
Earl Skinner: Basketball 9-12, Football 9-12
Pamela Slater: Junior Civitans 9-12, NHS II-12, PSS 9-12, Latin Club 9-12, SADD II-12, Chorus 9-12
Brian Smith: Crew 9-10, Junior Civitans 10-12
Devin Smith: Drama 10-12, Black History Club 10-12, Debate Club II
James Smith: Crew 10-12, VICA 12
Michelle Spencer: NHS II-

12, Indoor/Outdoor Track 9-12, Junior Civitans II-12, National Art Honor Society 12, Spanish Club 10-12, Spanish Honor Society II-12, Science Club II-12, Key Club II-12, Cross Country II-12
Myla Spencer: NHS II-12, Vice-President 12, Indoor/Outdoor Track 9-12, Junior Civitan II-12, National Spanish Honor Society 10-12, Cross Country II-12, Key Club II-12, Science Club II-12
Matt Smith: Wrestling 9-12, Football 9-12, Junior Civitans II-12, VICA II-12
Pamela Smith: National Art Honor Society II-12, Volleyball 9-12, Black History Club 9-12, Mediator 9-12, SCA Representative 9-12, DECA 10-12
Summer Smith: Chorus 9-12
Tionne Smith: Varsity Choir 9, Concert Choir 10-12, Black History Club 10
Tracy Stauffer: PSS 9-12, Junior Civitans 10-12, NHS II-12, Literary Magazine 10-12, Key Club 12, Indoor Track 10
Candace Stevens: Junior Civitans 12, Gymnastics

Coach Kendall Hayes encourages the Varsity Basketball players to keep up the pressure on their opponents.



10-12, French Club II-12
Jennifer Stewart: Basketball 9-10, Softball 9-10, Volleyball 10, Latin Club 9-12
Angela Sunderlin: Basketball 9, FBLA II
Clark Taylor: Tennis 9-12, Captain 12, Junior Civitans 9-12, Crew 9, SCA Representative 10-12
Vernitra Thomas: Softball 9-10, SCA Representative 9, FBLA 10-12, Treasurer 10, Cheerleader 9, Volleyball 10
Bryan Thompson: FBLA 12, Wrestling 9-10, Football 9
Letitia Thompson: Pantherettes 12, Cheerleading 9, Gymnastics II, FBLA II-12
Andrea Tipton: DECA 12
Ken Tra: Crew II-12, Science Club II-12, Latin Club II-12, Football 9
Michael Tribe: Soccer 9-12
Cal Turner: Computer Club 9, Indoor/Outdoor Track II
Heather Udell: Pantherettes II-12, Gymnastics 10, Junior Civitans II-12, DECA II, Latin Club II-12, SCA Representative 9
Carey Utterback: Drama Club 9-12
Sara VanOrd: FBLA II-12
Brian Wagner: NHS 10-12
Christopher Wakefield: Junior Civitans 9-12, Lt.

Governor 10, Int. Director II, Treasurer II, Dist. Historian II, Govenor 12, Latin Club 9-12, Golf 10-12, Key Club 10-12, Soccer 10-12, Counseling II, SCA Representative 12, Camerata Singers II-12, Leo Club II, Chess Club II
Samantha Wallachy: Drama 10-12, Literary Magazine 12, French Club II-12, Junior Civitans 12, PHS Newspaper 10-12, Soccer Manager 12, Spanish Club 12
Cochise Wanzer: Football 10, DECA II-12, Marching Band 9
Ernest Washington: Black History Club 12, Track 12
Theresa Weitzel: Softball II-12, Track 9, Yearbook Editor II, SCA Representative 12, FBLA 12
Wendy Whetzel: Yearbook 12, Junior Civitans 12
Floydett Williams: Basketball 9-12, Black History Club 9, Softball 10, Track 9-10, FBLA 12, COE 12, Junior Civitans II
Latanya Williams: Chorus 9-10, Black History 9-10, FHA 10-12
Mike Wolter: Baseball 10-12, Volleyball II-12, Indoor Track 12, Football 9, German Club 9
Tanisha Wrenn: Black History Club 9, Spanish Club 10, Latin Club II-12, FBLA 10
Jason Wynn: Art Club 9-12, Junior Civitans 9-12, NHS II-12, Soccer 10-12, Swimming II-12, SCA 9-12, Choir 9-12, Drama 9-12, Counseling II-12
Chrissy Yesko: Pantherettes 10-12, Gymnastics 9-12, Softball 10-12, NHS 10-12, Junior Civitans 10-12, SCA Representative 9-10, Counseling II, Leo Club 12, Foreign Language Honor Society II-12



Representative Leslie Byrne talks seniors who visited the U.S. Capitol to observe congressional proceedings. She later visited Potomac to answer questions prepared by American Studies II students.

Aids awareness is heightened by the movie *Philadelphia*.

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Someone thought this was a nice photo and suggested we show it to you. So we are showing it.

Colophon

Specifications

The 1994 Potomac Senior High School Prowler was printed by Herff Jones Yearbooks, Gettysburg Pennsylvania.

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Thank you...

We would like to thank the following people for their assistance:

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The 650 copies of the 1994 Prowler were printed by Herff Jones Yearbooks in Gettysburg, PA. Our Customer Service Adviser was Barb Merson and our local representative is Tom Tanton.

The cover is a school designed lithograph with gloss lamination. The base material is

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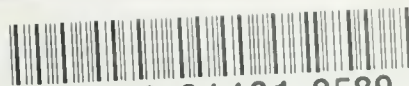
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The Prowler is a member of the Virginia High School League.

The Prowler staff hard at work, as usual. The staff put in many hours to complete the book.

We would like to thank all of our friends, family, teachers, staff, and the students of Potomac for your tolerance and support throughout this very trying time. We are proud of the book and hope you enjoy the 1994 Prowler.



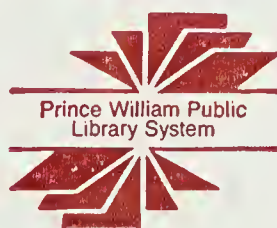


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